

With an introduction
by H.R.H. the Duke of Edinburgh

Aids to make you able

Wendy M. Davis



Self-help devices and ideas for the disabled

Katherine S. Brpaet

**Aids
to Make
You Able**

Aids to Make You Able

Self-Help Devices and Ideas for the Disabled

Compiled by

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Foreword by

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*Director, Rehabilitation Services,
Charlottetown, Prince Edward Island*

Introduction by

H.R.H. the Prince Philip,
The Duke of Edinburgh

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foreword

A panoramic view of self-help devices, the fruit of patient research, applied experience and love for her work; this exemplifies Wendy Davis' "Aids to Make You Able."

I consider it a privilege to present this opus to our friends, the handicapped and the health professionals. It will not only serve as a reference and a guide in departments of Occupational Therapy but will also be of help to home care personnel, visiting nurses, the handicapped themselves and their families.

Until now, all publications I have reviewed dealing with activities of daily living were adorned with professional photographs and complemented by an abundance of text. Wendy's book has the audacity to be simple and self-explanatory. The drawings are clear and unpretentious. At times they provoke hilarity. Wendy has seen the good side of things; her book is a morale builder.

It is worthy of mention that a number of the appliances can easily be made at home at minimal cost. Others can be purchased from supply houses whose addresses are provided.

In my opinion, this book undoubtedly is a major contribution to the realm of rehabilitation.

G. Gingras, C.C., K.St.J., M.D. LL.D., F.R.C.P.(C).,
Director,
Rehabilitation Services,
Charlottetown, Prince Edward Island.

preface

Everyone reacts differently to a traumatic event, be it a broken love affair or a physical injury: some people need more time to overcome the initial shock and begin rehabilitation. The ideas in this book are starting points for various self-care inventions and adaptations for the handicapped person and his family, so he may be encouraged to resume *activities of daily living* and to enjoy life more fully in his own home. Self-care aids are like recipes: you learn a few basic ones, invent your own, and from time to time, try those of other people.

It is important, whenever possible, that the appropriateness of a self-care aid or technique be carefully assessed for the individual patient by an occupational therapist or skilled person, followed by training in using the aid. An aid may provide the means to overcome a practical difficulty during the early stages of disability, thus giving the needed self-confidence to remain as independent as possible. As the patient's condition improves, the aid may be gradually withdrawn, but should his condition deteriorate the self-care aid may have to be further adapted. Sometimes an aid may cause frustrations and should not be used. In many instances an aid adapted by the individual concerned becomes more meaningful in the total rehabilitation process. It is important that the patient's condition and progress be continually re-assessed.

For a handicapped person, minor obstacles, if not overcome, may cause major difficulties. The immediate cause of his problem may be a physical disability, but his psyche and his spirit are deeply involved. The disabled person should be encouraged to strive for himself; therapists, institutions, and well-meaning family and friends must take care never to diminish his incentive and inventiveness.

Inventions are happening all the time, and it is hoped that this manual will encourage readers to use all the resources available. The public libraries are a good source of the latest information.

Design is of paramount importance in utensils, clothing, furniture and housing. A universal motto should be *Design for the disabled is good design for everyone*. For example, an average drinking cup with its small handle results in two uncomfortably heated fingers, whereas the large-handled cup is easy for all to hold.

The handicapped person may be inventive and persistent in discovering means to preserve independence in personal matters. However, ideas and innovations might also be forthcoming from the public if the needs of the disabled were more widely known. Competitions for the designing of simple aids and home adaptations could be held in schools and colleges and might inspire useful inventions. I would welcome new ideas.

In days gone by, the whole cycle of life, from birth through death, took place in the home. Now the tendency is toward institutions: babies are born in hospitals, some attend day care centers, children attend schools through the day and ultimately become adults who work away from home; and when they grow old, many are institutionalized for geriatric care. An institution may appear to be the only solution for some of the physically handicapped. Perhaps you know someone who is in an institution because of a minor disabling problem which could be solved through ideas in this book. Pass the book on to your friend and share its ideas with him as it may provide the means whereby he, too, can rejoin the family and take pride in caring for himself.

In Shakespeare's play *Antony and Cleopatra* Enobarbus praises Cleopatra, "Age cannot wither her nor custom stale her infinite variety." I hope that through this book disabled people may be encouraged in their efforts to re-establish their lives and to enjoy again the many activities that give life its "infinite variety."

Finally, I trust the readers will appreciate that the handicapped people illustrated in this book are some of the real heroes of today.

1981

W.D.

acknowledgments

It gives me great pleasure to thank those who followed this manual to its completion, in particular:

Miss Elizabeth Rowan, Professor Leonard Allbon, Mr. Ian Walker, Miss Gertrude Doering, Professor Harry Savage, Dr. and Mrs. Edward Lozowski and their daughter, Sara, Professor Roger Silvester, Mr. Steve Turpin, Ms. Laurie Philips, Ms. Cathy Sample, Ms. Loraine Mageau, Mr. Joe Sherman, Mr. John Lightfoot, Ms. Barbara Gitzel, Miss Rosalie Brown, Miss Penny Gladstone, Mr. Doug Bovee, I.B.M., Ms. Jeanette Rothrock, Mrs. Edna LaForge, Mr. and Mrs. David Townsend, Dr. and Mrs. M. Parrish, Mrs. Patricia M. Holmgren, and the American Occupational Therapy Association.

Many remain unmentioned and I thank them for their help.

1981

W.D.

introduction



BUCKINGHAM PALACE



Edmonton Journal

Ability is a comparative term. Everyone is disabled in one way or another, and most of us are disabled in comparison with Einstein, Leonardo da Vinci or a world record holding athlete. The art is to make the most of the talents and abilities we are fortunate enough to possess. As the practical ideas in this book make clear, the difficulties which the handicapped experience are more to do with the design of products and equipment than with their own physical disabilities.

The title of this book describes its purpose precisely, and I hope it will help a great many people discover how able they really are.

A handwritten signature in black ink, which appears to be 'Philip'.

H.R.H. the Prince Philip,
The Duke of Edinburgh.

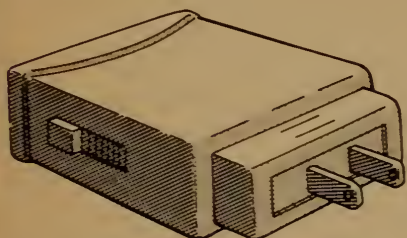
communication

Even when patients and staff co-ordinate efforts to complete detailed application forms for wheelchairs, mistakes still happen!



in the dark

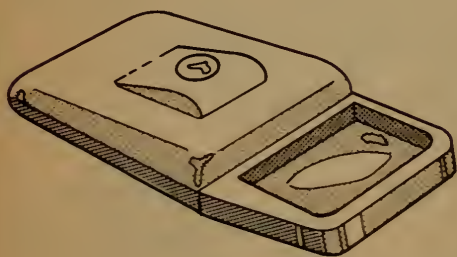
Flashlight, shown without cover by Witte and Sutor. (Acculux Rubin). Lightweight and rechargeable.



Cover detachable for recharging.

Available from:
Birks, Canada.

Stamp Collector's Magnifying Glass with flashlight. Battery may be renewed.



Available from:
Department Stores.

Find your keyhole with this magnifying flashlight.



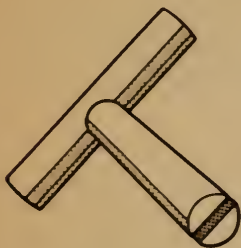
Shriek Alarm

Shriek Alarm for the shrill sound of safety. This small gadget the size of a cigarette lighter can be kept in your pocket until you need a piercing shriek that surprises and alarms your assailant.

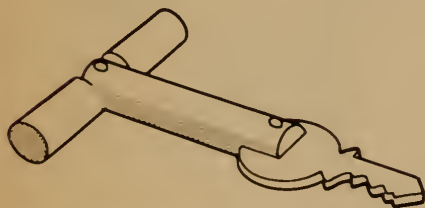


Available from:
Department Stores.

keys and money

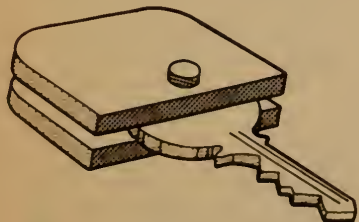


Slot cut for key



Wooden dowel rod

The key is sandwiched between two pieces of wood having two holes which coincide with hole in key. A piece of wooden dowel is placed in these holes keeping the key secure.



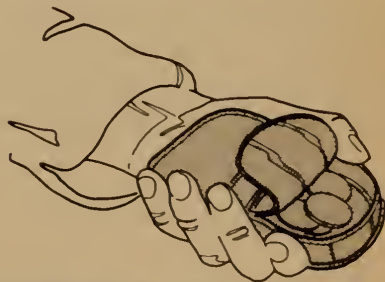
For those with severe hand injuries obtaining money from a purse is a major problem.

Plastic Purse – Opens by lightly pressing sides together.



Available from:
Department and Variety Stores.

Horse-shoe Purse – When purse is opened coins may be shaken down into the opened flap where the coins may be picked up easily.

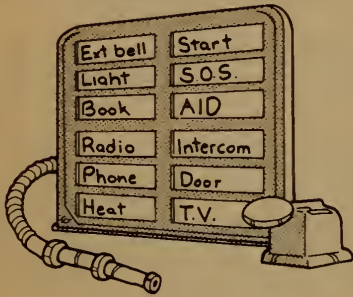


Available from:
Department Stores.

possum

Environmental Control Systems

Possum enables those with limited movement to open the door, turn on the light and perform other functions listed on the board. This is done by puffing through the mouthpiece until the function required is lighted on the board.



Blissymbolics, used in non-verbal communications, can be substituted on the Possum to replace environmental controls.

Examples:



Eye



Legs



Mouth



To See



To Go



To Speak

Typewriter Control Systems

By adapting the typewriter to a Possum machine, typing is possible by puff alone.



For further information contact:

Blissymbolics, Canada
and Possum, U.K.

reading

Large print books are available at the public library. *The Bible*, Agatha Christie mysteries, *The National Geographic* are examples.

For other large print reading material, contact:

Sunshine Magazine
East Route 16
Litchfield, Illinois
U.S.A. 62056

Reader's Digest Large Type Edition
Box 241
Mt. Morris, Illinois
U.S.A. 61054

Community and Social Services
(Large print songbooks)
Queen's Park
Toronto, Ontario, Canada
M7A 1E9



"YOUR ADVENTURES ARE NOT OVER, ALTHOUGH YOUR SIGHT MAY BE LESS CLEAR."



YOU CAN BE A FICTIONAL HERO

Dept. of Fitness, Recreation and Sport,
200 Vaughan St.
Winnipeg, Manitoba, Canada
R3C 0V8

Gatefold Books Ltd.
426 Pall Mall St.
London, Ontario, Canada
N5Y 2Z2

A Calendar With Large Numerals



Available from:

Department Stores. Or, why not make it yourself?

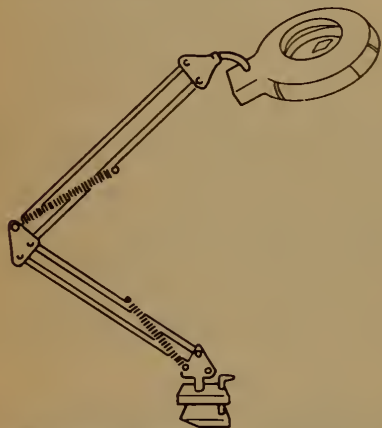
With a calendar like the one illustrated above, the old may have fun teaching the young their numbers and the days of the week.

reading



Why not form a co-operative and share a Geotec Model 745?

This powerful magnifying glass is used by architects.

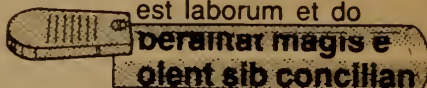


Available from:

Luxo Lamp Corporation
No. 30 Place Sicard
St. Therese, P.Q., Canada
J7E 4J9

Luxo Lamp Corporation
Monument Park
Port Chester
New York, U.S.A.
10573

consequat, vel
accusam et justo
aigue duos dolor
provident, simil te
est laborum et do



**derantur magis e
olent sib concillan**

distinct. Nam liber
nihil quod a impedit
es voluptas assume
quinsud et aur office

Bausch and Lomb magnifying glass is oblong, making it possible to follow line by line of print. It may be moved without being lifted.

Available from:

Stationers and Optical Stores.

reading aids

"It makes all the difference knowing the day of the month and what time it is."



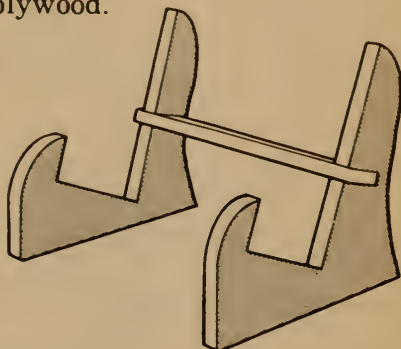
"You try living without knowing the time. Life becomes very tedious, because the routine of the day is only broken by meal times, and one does not know how long one has to wait for visiting time."

A clock with extra-large numerals may be a good present for grandparents.

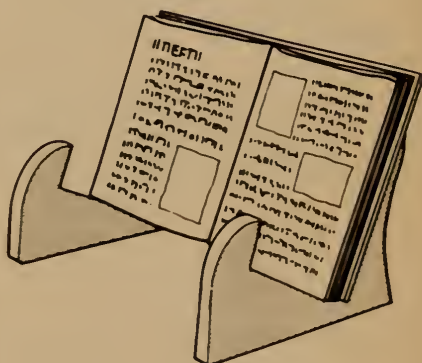
Available from:
Department Stores.

A Do-It-Yourself Wooden Slot-Together Bookrest:

Strut cut from 6 mm plywood.



Sides cut from 1 cm 7-ply plywood.



A robust, light-weight and easily made bookrest which can be taken apart for storage.

reading aids

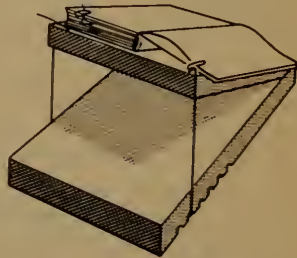
"I look forward to the magic hour when Anne my volunteer comes twice a week to read to me. It seems to be the one time that a human being spends more than five minutes with me. A machine can never be a substitute for a person; however, it does give one pleasure to be able to while away the time and keep in contact with world events by reading the newspaper. One also attains a degree of independence."

The Multi-Range Page Turner turns the pages of books, magazines and comics.

Enquiries to:

QED Ltd.,
1 Prince Alfred Street, Gosport,
Hants, Great Britain P0121QH.
Tel. (070-17) 81179

For those with limited power in their hands paper clips attached to the top right hand corner enable the person to flip the page over. After the person has successfully flipped approximately 5 pages the paper clips will have to be removed but at least the reader does not have to ask every time he wants a page turned.



To Make the Aid Illustrated You Will Need:

2 pieces of wood about 18 x 12³/₄ x 2 cm; non-slip dycem mat; stiff, heavy-gauge wire about 28¹/₂ cm. long

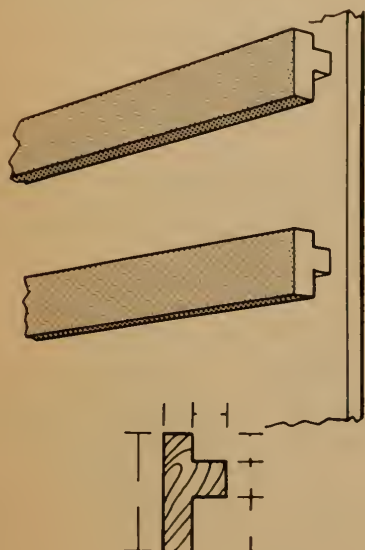
How To Make the Aid:

The top piece of wood is covered with the dycem mat. Small grooves are cut into the lower piece of wood. The wire is attached to the top piece of wood and positioned under the lower piece. The wire fits into indents of lower piece of wood, enabling the reader to adjust the height of the book.

reality orientation board

A Reality Orientation Board is helpful for those people who are confined to one room or an institution. It is like a calendar and is easily made. It is similar to most boards in churches which depict the order of service – hymns, psalms, sermon.

The suggested size of the board is 66 cms. in length by 54 cms. in width. Words or letters may be 6 cms. in height. A ridge of 2 cms. will allow a trough on which to slide the words.



Your local school's industrial arts department may be looking for projects and may be happy to make this for you.



Suggested headings:

- The Day of the Week
- The Month
- The Year
- The Next Holiday
- The Weather

It is a mistake to have too much on the board as it only confuses the reader. See Mary Judd's book which is listed in the bibliography for further details.

telephones

Car Telephone – Do not risk becoming stranded without help. Have a telephone in the car. You must have a clear speaking voice or it will only add confusion.



Available from:
Telephone company and local outlets.

Telephone Rest and Amplifier leaves your hand(s) free to write.



Available from:
Radio Shack.

Logic One Telephone enables you to speak and listen without a receiver.



Available from:
Telephone Companies.

typing

A Swivel Turntable Helps a Severe Arthritic – A person with limited reach can swivel a typewriter placed on a turntable, and insert paper from the rear. The paper controls are then within easy reach.

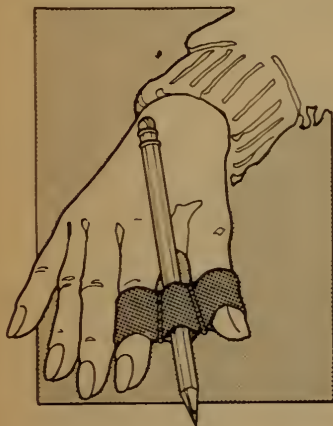


A Modified Desk Also Helps a Severe Arthritic – A desk or table on castors allows the typist to push it away when getting up and to pull it towards her when sitting down. A brake within reach prevents the table moving when typing.

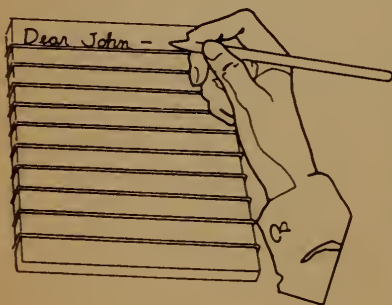


writing

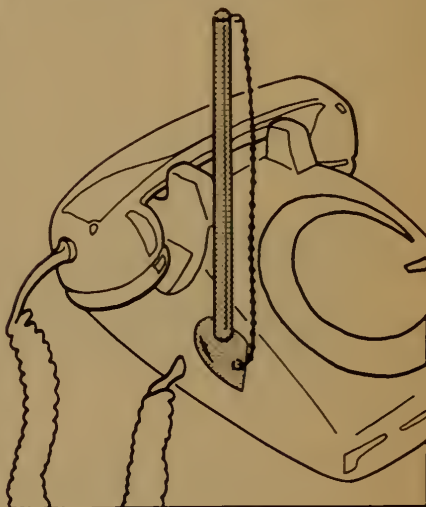
Writing Aids – A writing aid, for those with weak hands, may be made by adapting an elastic band supporting the thumb and finger. The pencil is held by the elastic band.



A writing aid for the partially sighted is made with elastic bands stretched around a small board. The raised surface of the bands serves as a guide for the writer's pencil.



Micropoint – Ink Stik'N Holder – This pen holder base sticks to any surface, including the telephone, so that messages may be written immediately.



Available from:
Department and Stationers' Stores.



Even when your sight is failing it is important that you sign your own cheques. This may be helped by positioning an elastic band around the cheque book as a guide for the signature line.

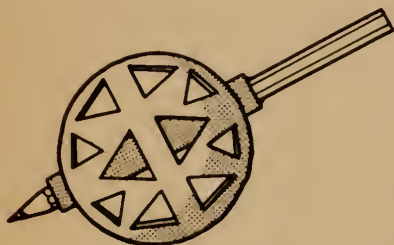
writing

Grips for Pencils – A person with impaired grasp may be able to hold a pencil if it is attached to something larger.

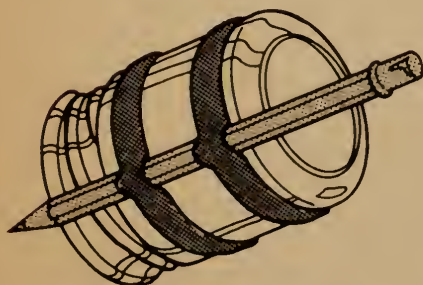
The pencil may be passed through:



a. A small sorbo rubber ball.



b. A lightweight plastic sports ball or styrofoam ball.



c. Two pen pocket-clips secured to a jar with two elastic bands. The pencil may be adjusted so the jar glides easily over the paper.

The pencil shaft may be wrapped with:



a. A twisted elastic band.

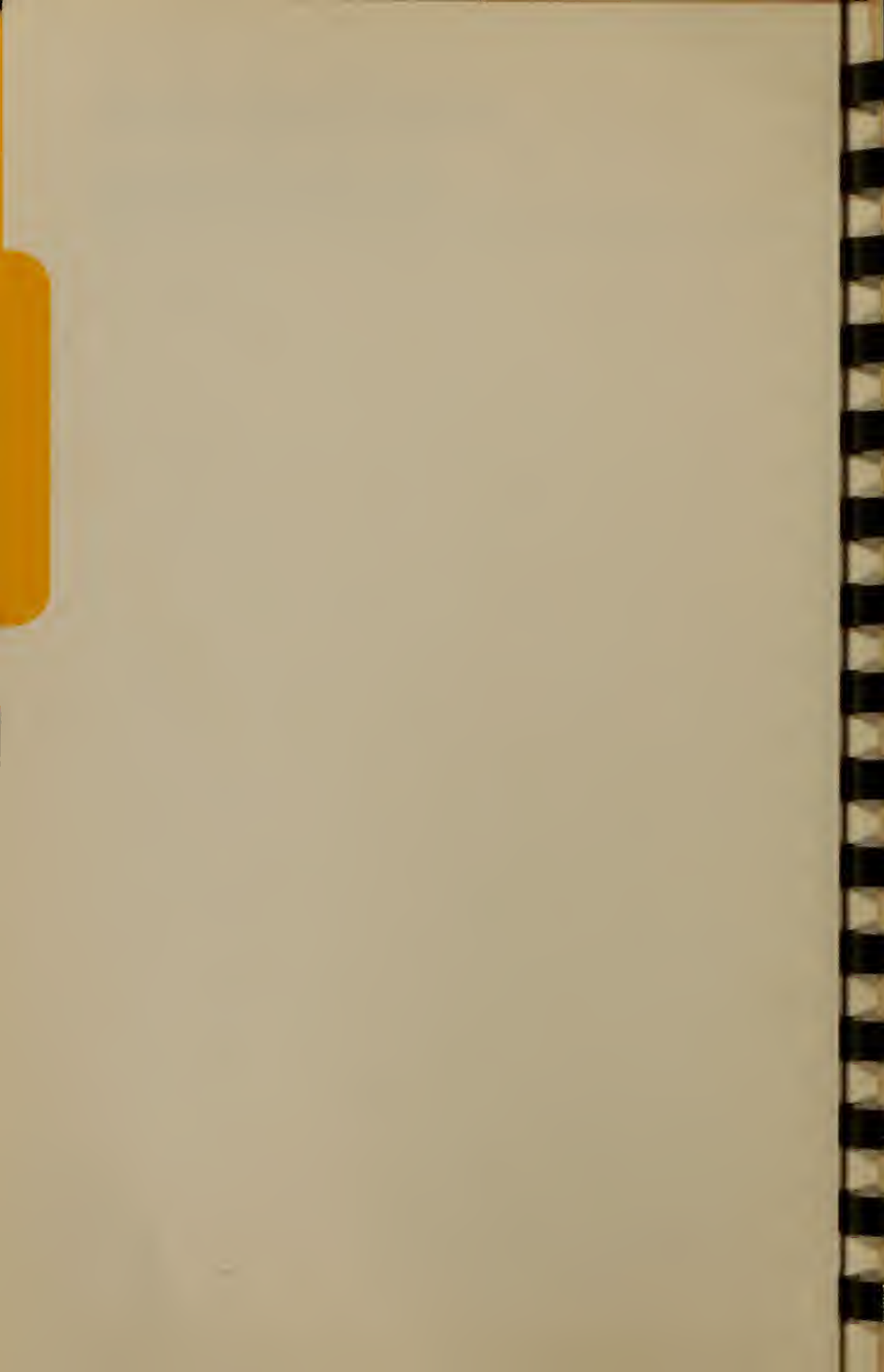


b. Pimple rubber used for table tennis bats. Available from Sports Shops.

Paint brushes and other art tools may be similarly adapted.

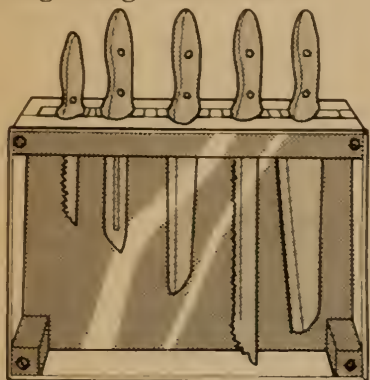
If you are a painter, professional, amateur, handicapped or "shut in," why not send your paintings to the Old Cabin Crafts Society at the Calgary Cabin, Palliser Square East, Calgary, Alberta, Canada, where art shows and sales are held. Or contact your local art gallery for information regarding amateur groups in your area.

eating and drinking

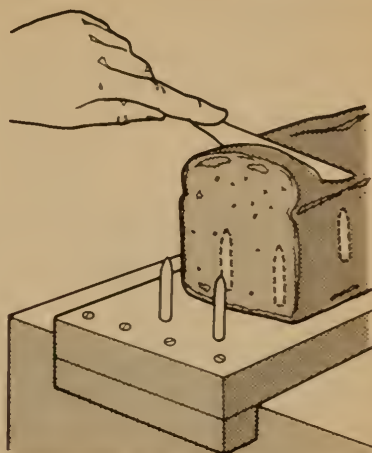


bread'n butter

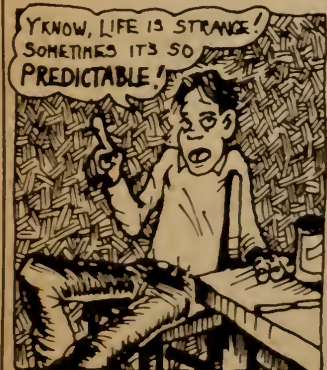
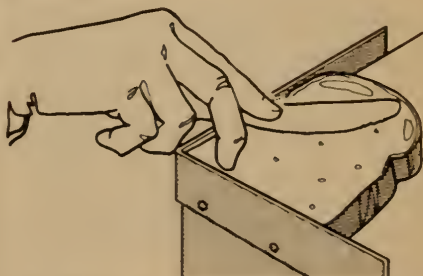
Sharp Knives – Look after your knives and keep them readily available. Well-designed knives are balanced, enabling easy cutting so you may eat like a gourmet! Perspex cover prevents inquisitive children's fingers from getting butchered.



Spike Board has three spikes made from stainless steel knitting needles or nails. The edge on the board steadies it against the edge of the table. If a person is one-handed it is helpful for stabilizing food when cutting; for example bread, meat, cheese, onions, apples, etc.

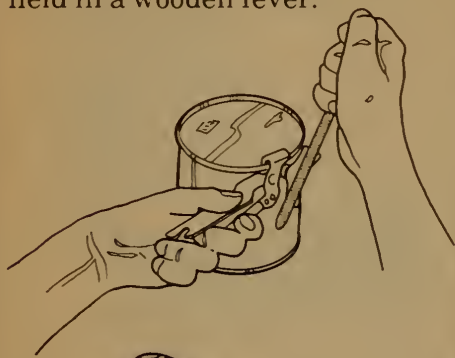


Buttering Board – May be used by left or right-handed people. Raised sides are the same height as the average height of a slice of bread, thus keeping it secure for buttering.



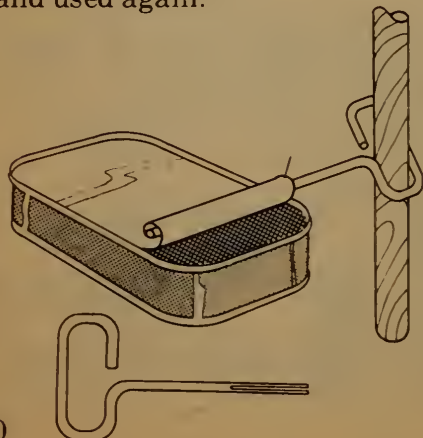
can openers

A Can Opener, for those with rheumatoid arthritis, is easier to use if the winged turning key is held in a wooden lever.

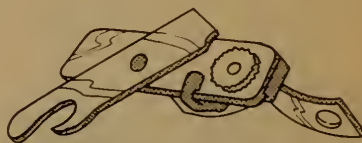


Wooden Lever

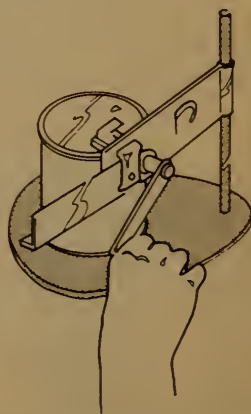
A Large, Strong Key-Type Opener may be used for sardine and similar cans. The slit at the end of the opener makes it easy to grip the flap of the can. After opening the can the strong key may be withdrawn from the lid and used again.



Opening Cans With One Hand – This small can opener clips on the edge of a can and it is possible to work it with one hand by holding the can between one's feet. This can opener is suitable for taking camping.



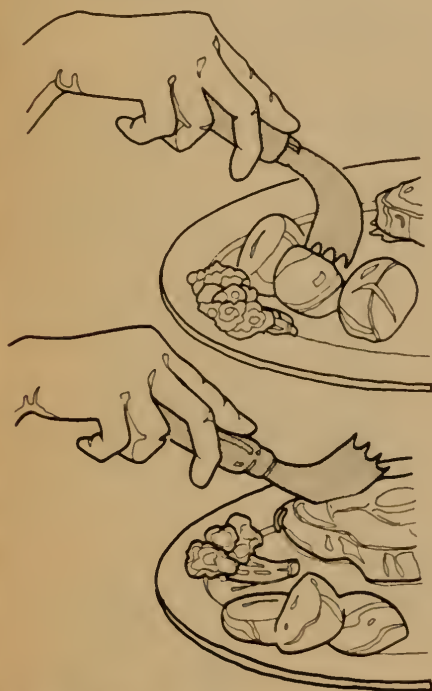
A Metal Platform Is Fixed Below a Wall Can Opener – When a metal platform is fixed on a wooden wall bracket it will take any size of can. The can opener will slide freely up and down and is lowered on the can for opening.



Leverage may be improved by using a wooden spoon.

cutting

A Nelson Knife is very necessary for those with one hand who enjoy a good steak. It is easy to take with you and is invaluable at a barbecue. A Nelson Knife combines the functions of a knife and fork. The food is cut by a rocking movement on the curve of the blade.



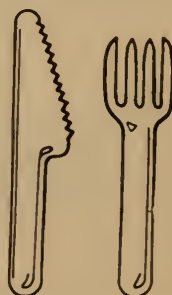
Available from:
Fred Sammons, Inc. and Medical Suppliers.

Gustavberg Durable Cutlery is high-quality plastic cutlery that lasts well. It is very light and the knife has a serrated edge, making cutting easier for

those with rheumatoid arthritis. To improve the grip the handle may be enlarged by using rubazote.

Available from:
Bowring Brothers Ltd., Canada, and Department Stores.

Camping Cutlery is also light and may be adapted with hand grips.



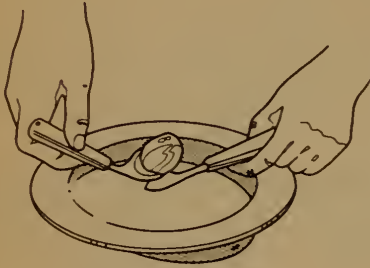
A Pizza Cutter has been found effective by persons with multiple sclerosis and other disabilities because it has a smooth roller movement.



Available from:
Department Stores.

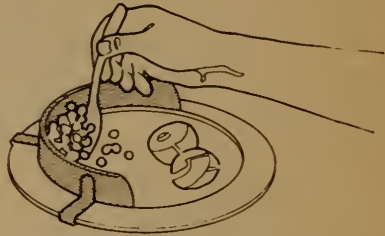
dining

A Manoy Scoop Dish by Melaware has a rim that makes it easier to scoop up food.

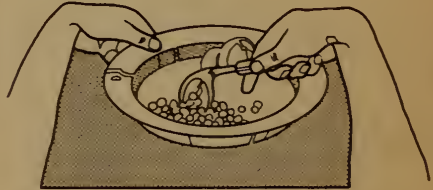


A Manoy Knife cuts by a rocking motion which is helpful if you have a poor grip, especially if you suffer from rheumatoid arthritis.

Plate Clips fit any size of plate and make an edge to lever food into spoon.



A Manoy Angulated Spoon helps those suffering from rheumatoid arthritis who have fixed inturned wrists.



All items on this page

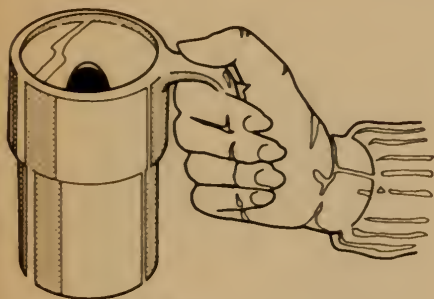
Available from:
Medical Suppliers.



drinking aids

If you are bored with drinking through a straw or with a paper cup, try a cup with a difference.

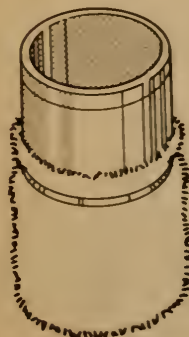
Coffee Commuter Cup – Good handle, non-spill.



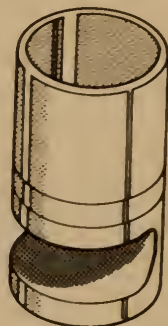
Available from:

Bruce Bolind, Bolind Building,
Boulder, Colorado 80302 and
Medical Suppliers.

Terry Towelling Pouch –
Pouch made of terry towelling
with elastic top. Easy to grip.



Manoy Pedestal Cup by Melaware – Slip your thumb and index finger around the cup when your hand-grip is weak or your knuckles are swollen. The interior of cup is angled at the base to reduce spilling for those with poor co-ordination.



Available from:
Medical Suppliers.



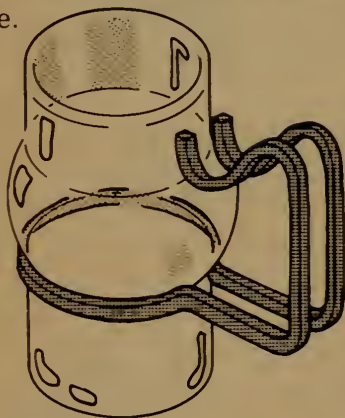
drinking aids

Plastic Mug – Lightweight with large handle suitable for drinking coffee, tea, beer or whatever.



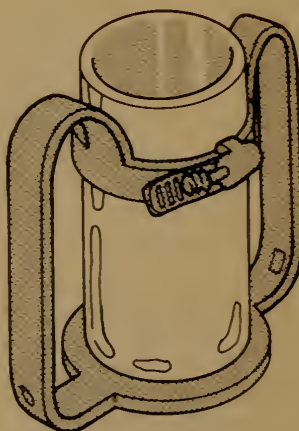
Available from:
Department and Hardware
Stores.

Heat-Proof Glass – It is lightweight and has an easy-to-hold handle.



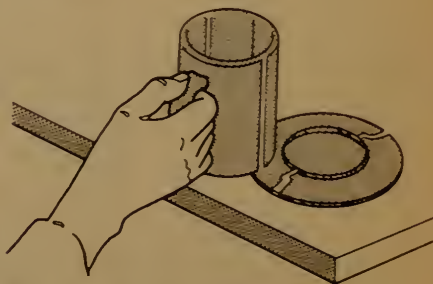
Available from:
Royal Worcester Spode (Canada)
(Distributor for Orrefors of
Sweden)
35 Prince Andrew Pl.
Don Mills, Ont., Canada
M3C 2H2
Orrefors Inc.
107 Gaither Dr.
Mt. Laurel, New Jersey, U.S.A.
08054

Two-Handle Holder – This may be adjusted to hold any size glass. It is helpful for those with weak hands as the weight may be distributed by using two hands.



Available from:
Medical Suppliers.

Rim on Saucer – Makes the cup easier to position and less likely to upset.



Available from:
Department and Hardware
Stores.

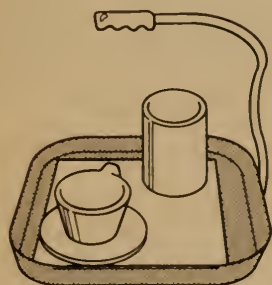
drinking aids

It is no good having a cup that slips. Use Latex Mesh (underlay for carpets) or Dycem Mats.

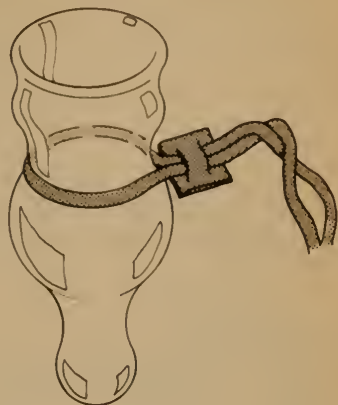
Dycem Mats may be cut to size. Used on boats to prevent things slipping when the sea gets rough.

Available from:

W.H. Pelf and Associates Ltd.,
Calgary, Canada,
Tel. (403) 243-8061, and
Medical Suppliers.

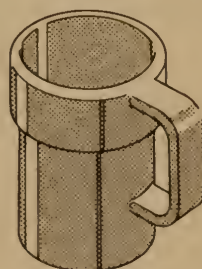


Neckglass (Holme Gaard of Copenhagen) – With leather thong. Suitable for cocktail parties. No chance of mislaying your glass.



Available from:

Boutiques and Specialty Stores.



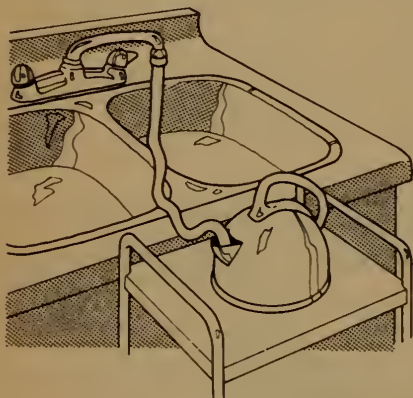
Insulex Cup or Mug – Light, heatproof, with insulated handle.

Available from:

Department Stores.

filling a kettle

Even if you want soup in a mug, a kettle has to be filled. To avoid lifting a kettle once it is filled, attach a length of tubing to the tap and keep an electric kettle on a tea cart. If the plug-in is beyond reach, a switch may be put on the cord at minimal cost.

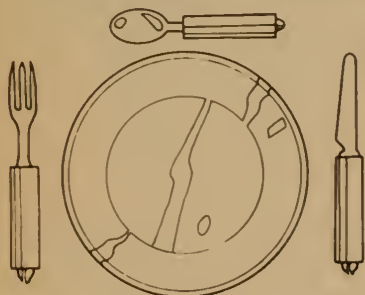


To avoid lifting an ordinary kettle to the stove use the wing leaf extending from the tea cart. To avoid lifting a kettle once it is filled, attach a length of tubing to the tap and keep an electric kettle on a tea cart. If the plug-in is beyond reach, a switch may be put on the cord at minimal cost.



handles & knobs

How to Adapt Your Own Cutlery If You Have a Weak Grip – Buy a length of rubazote and cut off sections to make handles for cutlery; also suitable for handles of tools, pencils, pens, hairbrushes, knitting needles. This is helpful if you have limited hand, arm or shoulder movement.



Available from:
Medical Suppliers.

An alternative idea is to buy bicycle handle grips and fit them on your cutlery. The cutlery handle may first have to be padded with tape to prevent it slipping out of the bicycle grip.

A quick, effective, but unsightly way is to pad the handle with a piece of thin foam and wrap round with tape.

Or Best of All Buy Specially Designed Cutlery – Sunflower selectagrip cutlery.



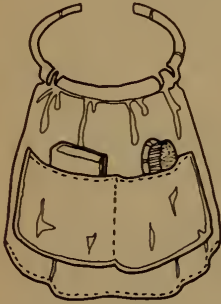
Available from:
Nottingham Handcraft
Company, Melton Road,
West Bridgford,
Nottingham NG2 6HD,
United Kingdom
Tel: 0602 234251
Or: Medical Suppliers.

For the Poor-Sighted:

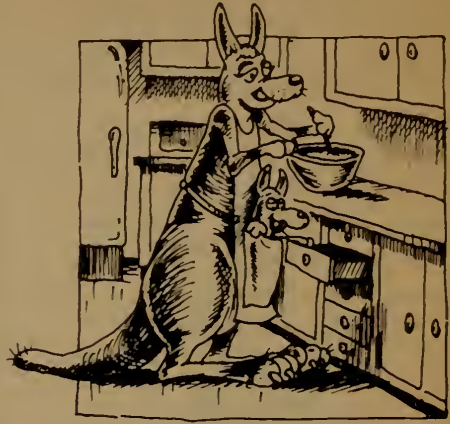
Different-sized blobs of adhesive M household cement or adhesive tape placed on the knobs of the stove enable the poor-sighted user to identify the different knobs. Specially designed aids are available from the Canadian and other National Institutes for the Blind. Contact your local branch.

kangaroo aprons

Clip-on (Spring Wire) Apron
has large pockets to carry all one's essentials. Another idea is to lengthen the apron ties enabling them to be fastened in front.

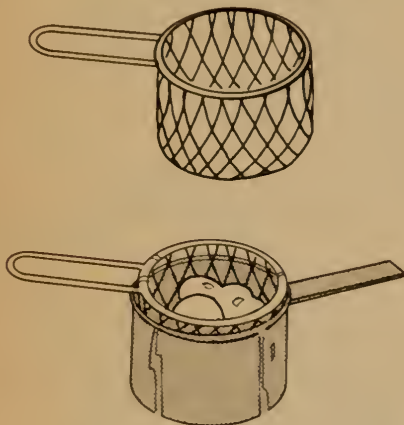


Spring wire to grip the waist.



lessening weight

Collapsible Cooking Basket –
Most useful for steaming, boiling, and deep frying. Light to lift out of hot pan.



Available from:
Department Stores.

Lap Tray – Side flaps of tray fit securely outside or inside arms of wheelchair. Tray provides a firm base for suction cups or rubber rings.



Available from:
Department Stores.

Lap trays made from perspex enable those who have lost sensation in their legs to see their position despite the tray.

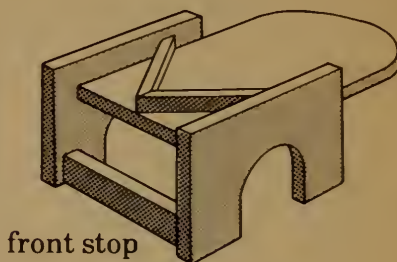
A wheelchair tray is also helpful for transporting things.

lessening weight

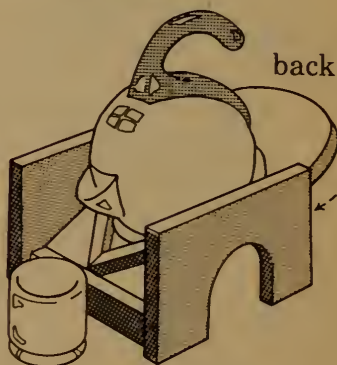
Tipping Stand for Teapots – If you require further information on how to make this, contact your local hospital's Occupational Therapy Department. A larger tipping stand is suitable for a kettle.



Teapot with Cane Handle – To increase pourer's control of the teapot attach a cane handle from teapot spout to teapot handle. (Cane available from Hobby Supply Stores).



front stop



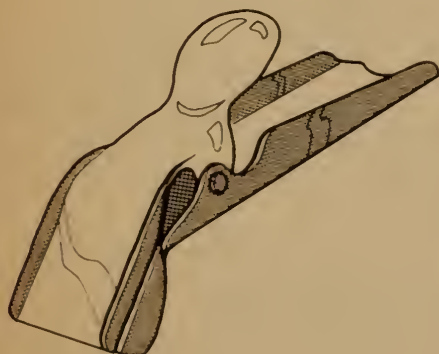
back stop



"YOU GUYS ARE A LOT EASIER TO HANDLE THAN THE LAST ONES WE HAD AROUND HERE!"

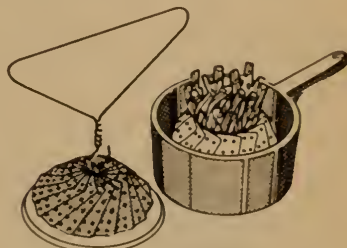
lifting & gripping

Camper's Utility Handle makes a second handle to distribute weight of saucepan between both hands and makes lifting easier.



Available from:
Mountaineering and camping
supply shops.

Steamer Basket is lighter to lift than entire saucepan. Insert a wire coat hanger hook into ring to lift out.



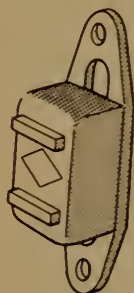
magnets

Wide assortment of magnets.

Available from:

Craft and hobby stores.

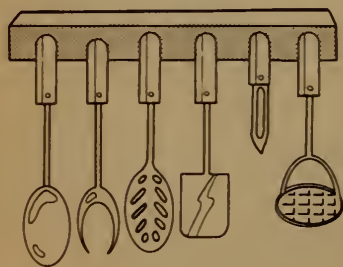
Magnagrip – May be screwed to the wall.



Available from:

Department stores.

Magnetic Kitchen Tool Set



Available from:

Department stores.

Helping Hand – This may be used for retrieving articles out of reach. Especially helpful for those with stiff knees, poor balance, or in a wheelchair.



Helping hands



Magnet for pins

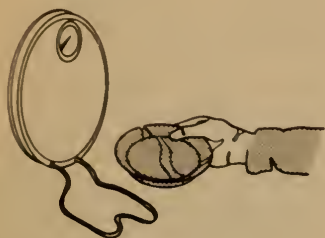
Available from:

Fred Sammons, Inc. and medical suppliers.

measuring

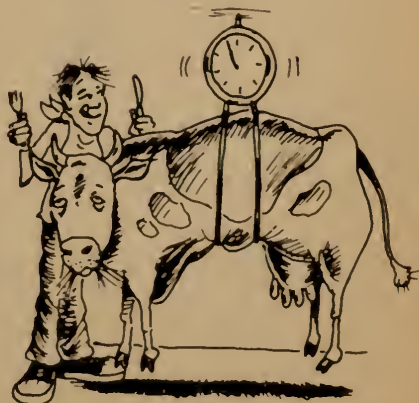
Persons with special diets require accurate measurements.

This Useful Wall Scale saves space and does not have to be removed from a cupboard when needed.



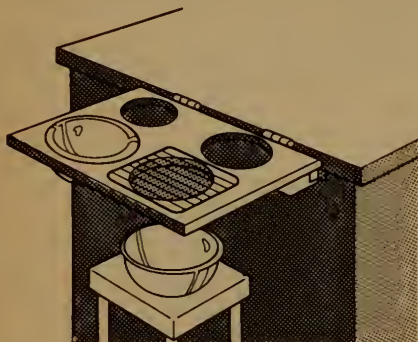
Available from:
Hudson's Bay Company,
Canada, and other department
stores.

Cups with exact measurement are easier to use for a person with one hand than a measuring jug, as they can be levelled at the surface.

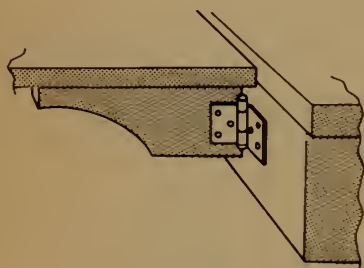


mixing

Extension Flap – A help in the kitchen when beating and mixing cooking ingredients with one hand.

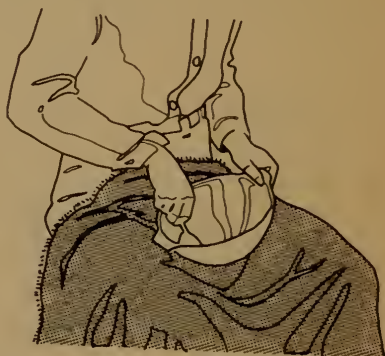


A flap is fixed to the side of table with hinges. In it are different-sized holes to hold bowls of different sizes.



Two pull-out hinge supports underneath to support flap.

Bath Towel – Quickest and easiest cover for lap is a bath towel when one is sitting on a chair or in a wheelchair.



Light Mixing Bowl with Handle – Easy to grip and lip makes it easy to pour. Rubber ring in base of bowl prevents it slipping when one is stirring.



Available from:
Department Stores.

mixing

Mothers and Children Have Fun in the Kitchen – Board cover on drawer gives a good working height for people in wheelchairs.



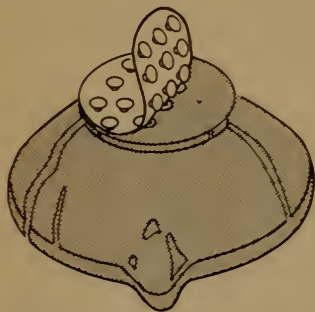
A shaving mirror with a goose neck placed above the stove may be angled enabling a person in a wheelchair to see into the cook pot.

A drawer which pulls out level may be used both to store a child's toys and to provide a play table from which toys do not fall. It reduces the disabled mother's need to tidy up, and supplies a play surface at a convenient level for her and her child.

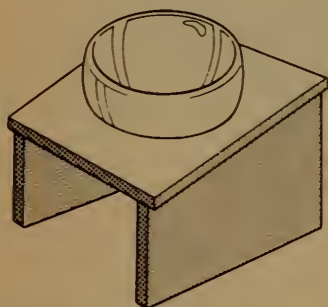


non-slip bowl

Octopus Suction Mat Attached to Bowl



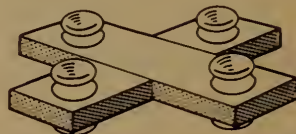
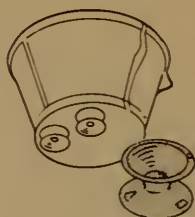
Available from:
Houseware Departments.



This wooden holder is easy to make, keeps the bowl secure and

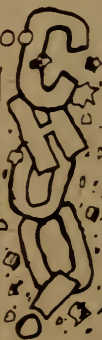
tilts it at an angle, assisting a person with the use of only one hand.

Rubber Suction Cups



Available from:
National Pro Industries Inc.
400 Marie-Victorin
Boucherville, P.Q., Canada

Ontario Rubber Co. (Quebec)
732 Renaud Street
Dorval, P.Q. Canada

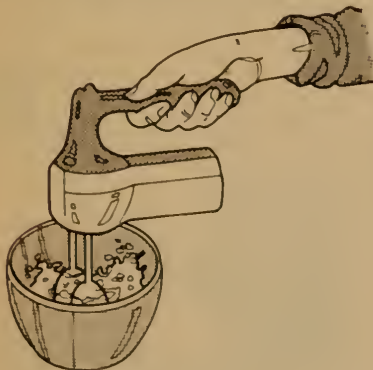


(GESUNDHEIT !!)

one-handed

blending

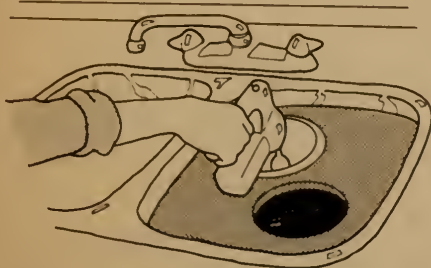
Mixmaster or Sifter may be used with one hand.



Available from:
Department Stores.

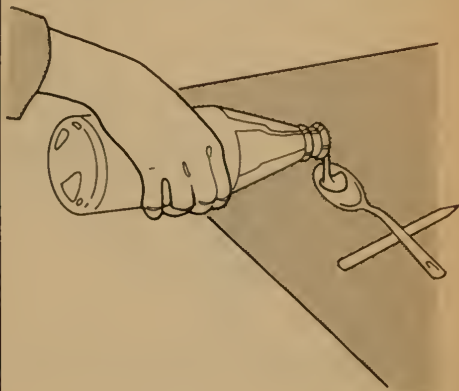
mixing

If you have a double sink, it may be converted into a mixing area by inserting a board with round holes to hold bowls of different sizes.



The measuring spoon is kept level by placing a slice of bread or a pencil under the end of the handle. Cooking oil, milk, may be poured into the spoon. The container is put down leaving the hand free to lift the spoon

and transfer the liquid to the bowl.

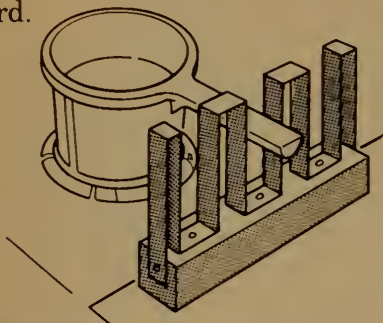


A Wire Pastry Blender keeps pastry cool while mixing yet is easy to grip, and has other uses such as chopping hard-boiled eggs.

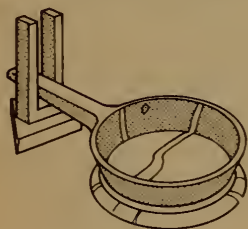


one-handed

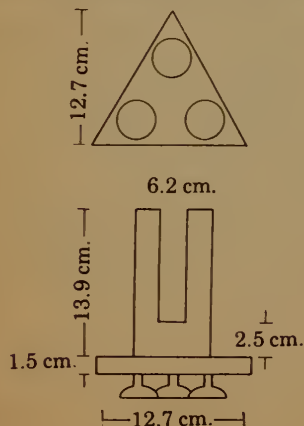
Stove Guard is fixed to a block of wood which is then screwed firmly to a table or top of cupboard.



A Wooden Arm secures saucepan handle and prevents saucepan moving when person is stirring with one hand.



To secure wooden arm to stove, insert thimble-shaped magnets or suction cups into wooden base.



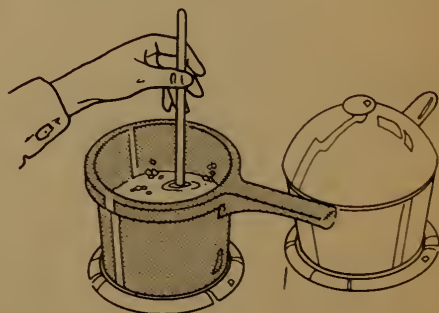
rolling

Adapt Paint Roller – By inserting a 50 mm diameter dowel rod at head in place of soft paint roller.



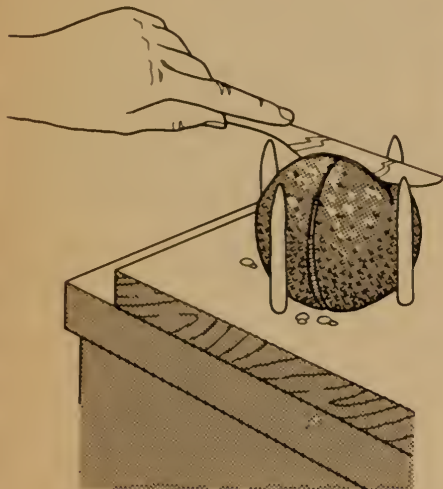
stirring

A Full Pan or Kettle placed on an adjacent ring will help to steady the pan in use.

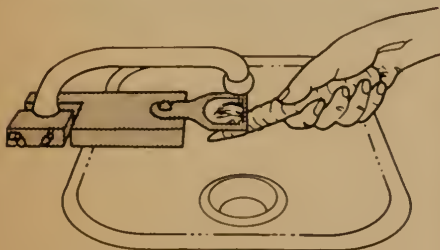


peeling

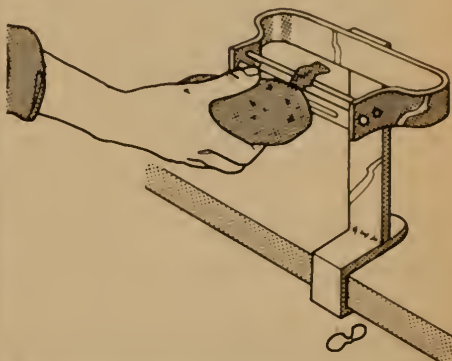
To Peel an Orange One-Handed – Place orange between skewers and cut it into eighths, hold corner and peel.



Nut Brown Potato Peeler suitable for peeling fruit or vegetables. Adapted to fit around a tap or faucet.



One-Handed Potato Peeler and Vegetable Scraper, made by soldering metal bar to peeler and clamp.



A varied diet makes life interesting.

You are what you eat, so it is worth making your food both interesting and nourishing and maintaining your health at the maximum level.

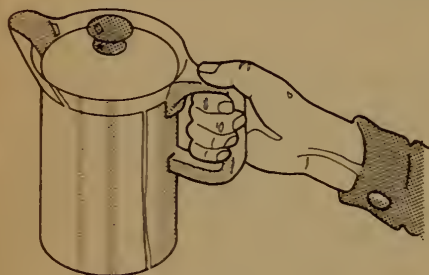
pouring

Insulex Teapot – Lightweight, insulated, and has a good handle.



Available from:
Department Stores.

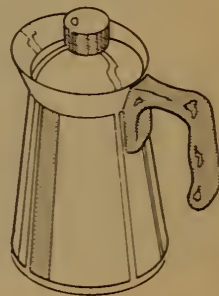
Lightweight Jug – With lid and large handle made of plastic.



Available from:
Department Stores.

Corningware Coffee or Teapot – With open handle.

For those who suffer from rheumatoid arthritis and other diseases causing disabled hands, these handles make pouring possible. For the normal hand it makes pouring a pleasure as fingers are not pressed against the heated coffee or teapot.

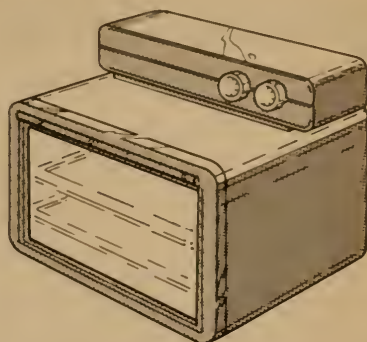


Available from:
Department Stores.

Design for the disabled is good design for everyone.

special appliances

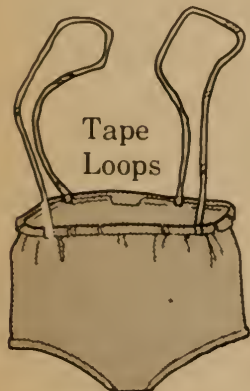
Convection Ovens — If a traditional oven is inconvenient for you — and it is for many people in wheelchairs — then a convection oven may be the answer. These are compact ovens which can be positioned at any height you require. Two especially good ones are the Moulinex Convection Oven and the Rival Convection Oven. These makes are self-cleaning, have easy-to-open doors, and easy-to-turn knobs.



dressing

a way to put on pants

A way to put on pants when
you have stiff hips:



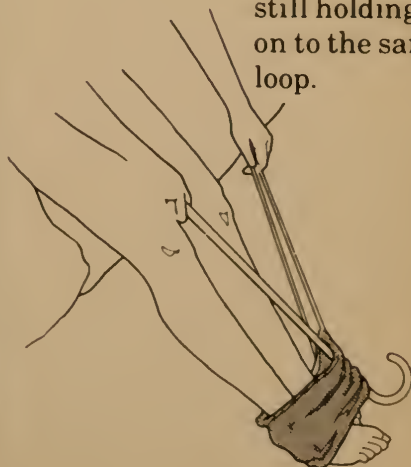
Hold up pants
by placing the
walking stick
through one leg
hole, other hand
holds on to the
opposite loop.



Lower stick,
slip foot into
pants, pull on
stick and loop
wriggle foot
right through
leg hole.

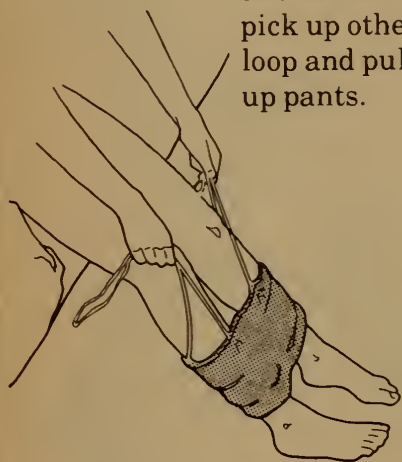


Repeat with
other leg,
still holding
on to the same
loop.



a way to put on pants

When both legs
are in pants
remove stick
and use it to
pick up other
loop and pull
up pants.



Wriggle until
pants are
well up, stand
up if you
can, to pull
into place
or,
wriggle
until they
are in position.

Tuck in tapes.

a way to put on trousers

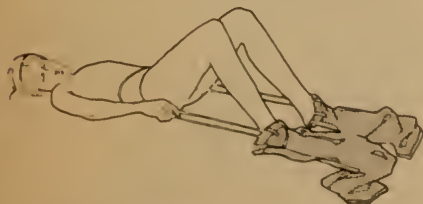
A way to put on your trousers when you have stiff hips:



Have trousers hanging over bed head. Hold tapes.



With a quick pull, fling trousers to foot of bed. (Hang on to tapes.)



Lift up one leg and wriggle into trouser leg. Repeat with other leg. (Keep hold of those tapes!)



Take your weight on your heels and lift up body. Pull tapes up and slip on to your shoulders.



Lift body up, ease trousers into position round waist, tuck in shirt, do up fastening.

Remove tapes from your shoulder and tuck them in.

buttonhook

"The button-hook, the absolute invaluable prosthesis. I now keep a spare in my briefcase just in case I have left mine behind and for several days have to go seek a 'button-upper'!"

"That can be quite a game in a European hotel. I still have not evolved a standard workable approach for chambermaids, passing guests, etc. for that situation."



1.2 cm dowel

17.5 cm

Size of loop depends on button required to be fastened.

A buttonhook may be made from a paper clip and a piece of wooden dowel or a rug-hook, with the back-clip removed.



"I'd rather have a chambermaid than a buttonhook!!"

dressstick

If you need help dressing then begin by undressing yourself as it is easier.

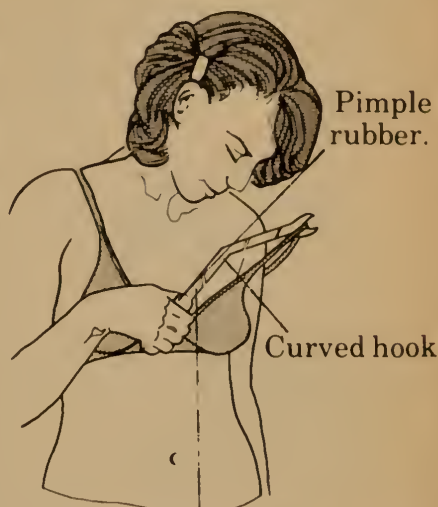
Pimple rubber.



Cleft about 2.5 cm deep

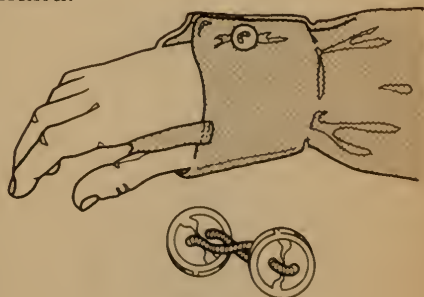
Perspex rod 50.4 cm long

Length and diameter of handle should be appropriate to hand using it.



Perspex rod 15.3 cm in length

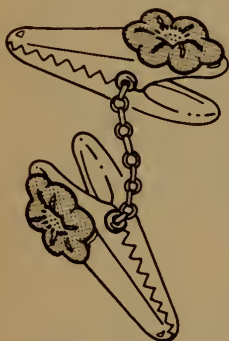
Cufflinks may be adapted by using buttons on elastic. These are left in the shirt sleeve and expand when pulled over the hand.



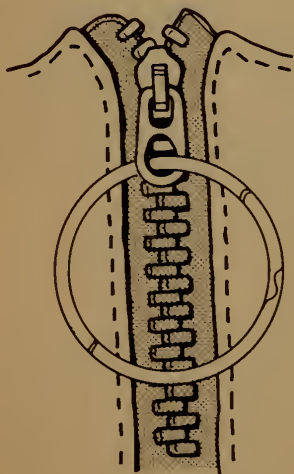
For a person with a flaccid arm, a loop may be attached to shirt sleeve and be put around the thumb to prevent sleeve riding up. It also positions the sleeve making it easier to fasten with one hand.

fastenings

A Clip Chain – This is easy to use for those with swollen painful hands as a result of rheumatoid arthritis and other disabilities.



Split or Key Ring – For skirts and trousers, a split ring attached to the zip makes gripping easier.



Stoles

For persons with stiff shoulders, putting on a jacket may be very painful. The stole requires no shoulder movements and is easy to wear.

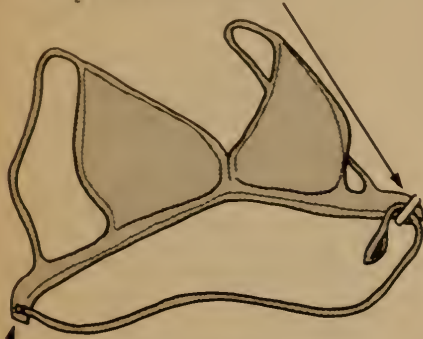
Front-Fastening Garments with zips or large buttons are best for almost everyone.

Velcro Fasteners are easier to do up than buttons and may be used on dresses, skirts, trousers, or even on babies' diapers. To keep its adhesive quality, Velcro must be closed when washing the garment. Velcro may be purchased in the fabric departments of most large stores.

fastenings

How to adapt a bra to fasten with one hand:

Sew eyelet hole here.



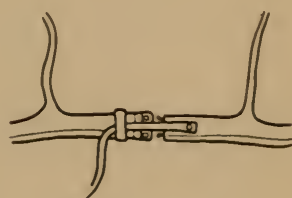
Sew button here on bra.

Slip bra, with back in front, over head. The large loop of tape allows bra to go over the shoulders.



Take a length of tape 90 cm long with a button hole at one end and a loop with a small knot at the

other end. Button tape to bra and push looped end through eyelet as in diagram.



Pull on loop end of tape. This will bring both ends of bra together to allow hooks to be fastened. Remove tape from buttons and eyelet.



Turn bra around until fasteners are at the back. Put arms into straps and adjust with notched dressing stick if necessary.

jackets

Split-back Jacket

For those who cannot dress themselves, it is useful to have a jacket opened down the center-back seam and a Velcro fastening inserted. (Velcro may be purchased in the fabric departments of most large stores.) It is much easier for the helper to pull the sleeve well round to the side to put each arm in, and then simply press the Velcro fastening together.



Smoking Jacket

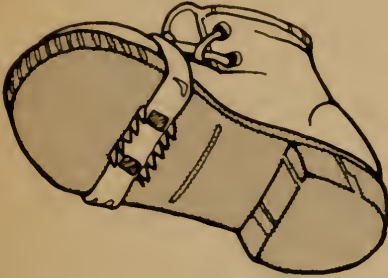
If a man has to spend a considerable time in a wheelchair, a smoking jacket or half-length dressing gown looks very smart. It is easy to maneuver and there is not a great surplus of material to accommodate as in a full-length dressing gown.

If you are confined to a wheelchair, it is helpful to buy dresses and shirts two sizes larger than normal. The extra material will allow greater freedom of movement.

shoes

Snow Cleats or Ice Grips

These are attached to elastic and slip over shoe and are removable when you come into the house from the ice and snow.



Available from:

Shoe stores and the Goodwill Rehabilitation Services of Canada and the United States.

Also Helpful:

Galosh Soles attached to your own shoes.

Available from:

Shoe Repairers.

Crutches with ejecting prongs for use on ice and snow.

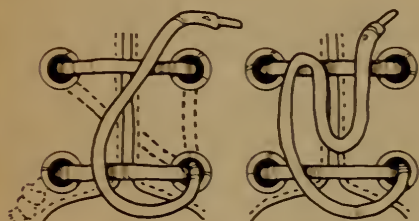
Available from:

Medical Suppliers.

shoes 'n stockings

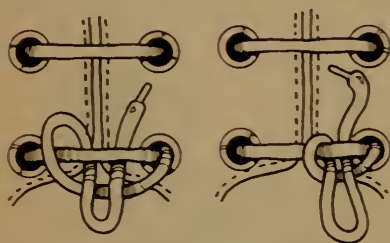
How to tie a lace with one hand:

The secret is in the initial lacing.



To fasten.

Hidden knot.



To unfasten lace pull on loose end.

The best way to get panti-hose on, for persons with poor balance and stiff hips, is to lie on the bed, pull one's leg towards one's buttock, then ease hose over the foot.



Jockey Shoe Horn with a spring, flexes to fit snugly against the foot. This makes it easy to manipulate the foot into the shoe.



Available from:

Shoe shops and department stores.

shoes 'n stockings

Jobst-Stride Support Socks for men and women are helpful for people who have to stand for many hours during the day.

Available from:

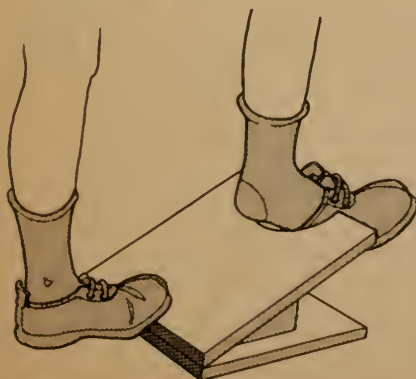
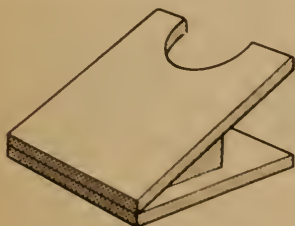
Jobst-H3G 1L5 - Suite 323,
Medical Arts Building,
1538 Sherbrooke Street West,
Montreal, Quebec, Canada

or

Box 653, Toledo, Ohio 43694,
U.S.A.

or sometimes available from
local pharmacy.

Boot or Shoe Remover – If you cannot dress, learn to undress first. It is easier to pull off shoes than to put them on.

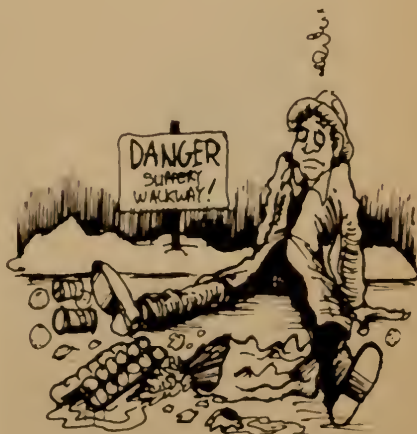


Elastic Laces may be left tied as they stretch when you remove your shoes. These are a help if you have stiff hips or knees and are unable to tie your laces.

Available from:

Medical Suppliers, or make them yourself from sheer elastic.

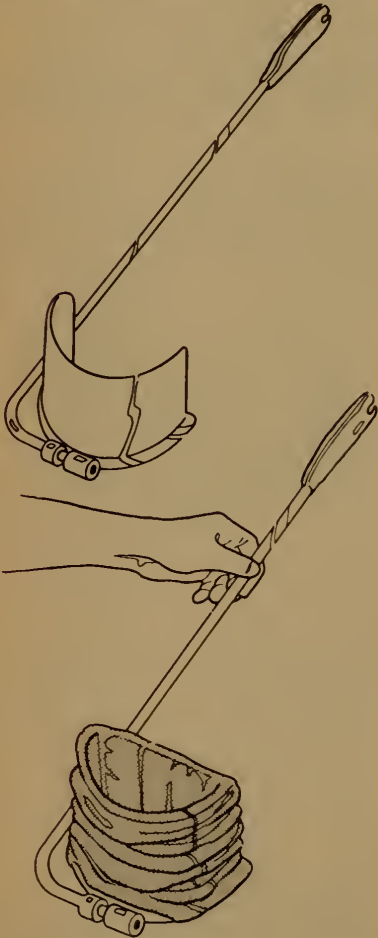
Non-slip Boots – Siberian Husky leather boots with rubber soles are designed for ice and snow.



stocking or sock aid

If you have stiff hips, arthritic hands, or only one hand, putting on socks may be a problem.

The Brevetti Stocking Aid is easy to manipulate.



Or make your own with old x-ray films, cardboard which may be improved by covering with leather, or cut the top of a wide plastic bottle and shape. If you don't want to experiment, buy

one ready-made from a hospital supplier.



stocking or sock aid

Materials

2 pieces of $1\frac{1}{2}$ cm. nylon twill
tape 122 $\frac{1}{2}$ cm. long

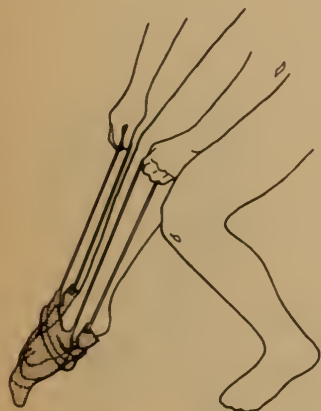
2 hose clips

3 pieces cut in shape of spade,
corners rounded so as not to
catch nylons of:

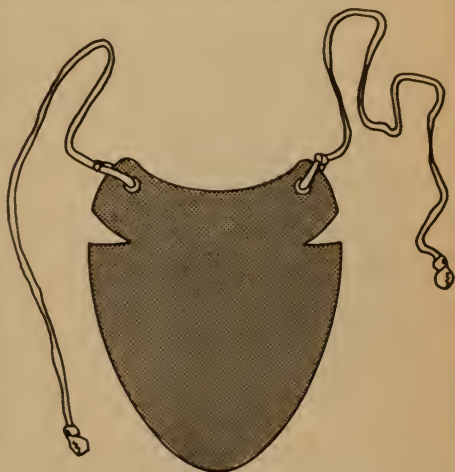
nylon fabric or mat-tac for
inner surface, smooth for foot to
slide on

canvas or rough lampshade
parchment for outer surface to
grip and help ease on stocking

x-ray film or firm, flexible
material, cut slightly smaller
than nylon and canvas and sewn
between them.



An alternative is a strong piece
of cardboard 2 cm. long shaped
like a spade with two notches cut
on either side to grip the nylon
and two holes punched on either
side and threaded with a piece of
string approximately 106 cm.
long. Basic measurements adapt
to individual's needs.



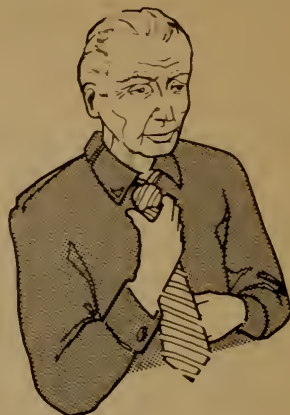
ties

If you cannot be bothered tying a knot every time, neither can many others:

1. Use a clip-on tie.
2. Use a zipper tie as this man does. It requires minimum effort from both hands.



Place over head.
Observe zip open.



Push tie up thus closing zip.

"Now to find my Mason's Tie Clip."



Available from:
Department Stores.

waterproof capes

A comfortable cape to protect the wheelchair user in wet conditions. A strong zip fastener enables the cape to be easily closed or opened.



Available from:

Carters (J. & A.) Ltd.
Alfred Street,
Westbury, Great Britain
and other hospital suppliers
listed in the back of this book.

No more getting soaked at football matches!

bathroom

Extract from *Ladies Home Journal*.



RALPH NADER: CONSUMER ADVOCATE.

JUNE 1975: RALPH NADER REPORTS:-

RUB-A-DUB-DUB,
IT CAN BE UNSAFE
IN THE TUB.

IT WAS FRONT-PAGE NEWS SEVERAL YEARS AGO WHEN JOHN GLENN, WHO AS AN ASTRONAUT ORBITED THE WORLD WITHOUT MISHAP, WAS SERIOUSLY INJURED WHEN HE SLIPPED AND FELL IN HIS BATHROOM!! WHAT ISN'T SO WELL-KNOWN IS THAT INJURIES IN BATHROOMS ARE AMONG THE MOST COMMON HOUSEHOLD INJURIES!

PREVENTION OF SLIPPING:

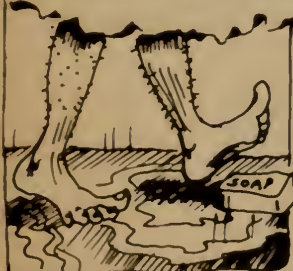
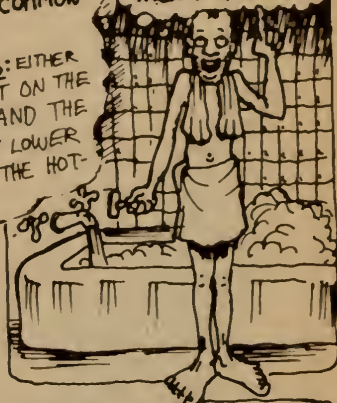
MOST PEOPLE RELY ON SOAP DISHES, SHOWER CURTAIN RODS, AND OTHER ACCESSORIES TO SAVE THEM (FROM FALLING) WHEN THEY LOSE THEIR BALANCE. THE INSTALLATION OF NON-SLIP SURFACES FOR TUBS AND SHOWERS AND SECURELY MOUNTED GRAB-BARS COULD SIGNIFICANTLY REDUCE THE CHANCE OF INJURY FROM FALLS, THE MOST COMMON BATHROOM HAZARD.

PREVENTION OF BURNS:

EITHER INSTALL A MIXER FAUCET ON THE WASH BOWL, THE TUB AND THE SHOWER, OR AT LEAST LOWER THE THERMOSTAT ON THE HOT-WATER HEATER.

ANYONE... EVEN JOHN GLENN. MODERN-DAY COLUMBUS... HERO OF THE SPACE-AGE, CAN HAVE A MISHAP IN THE BATHROOM!

WELL... THAT WAS A GOOD FIGHT! NOW I THINK I'LL TAKE A NICE HOT BATH!



BEWARE OF SLIPPERY BATH TUBS!



BEWARE OF SHOCKING LIGHT SWITCHES



BEWARE OF HOT WATER TAPS!

ACCIDENTS in the home



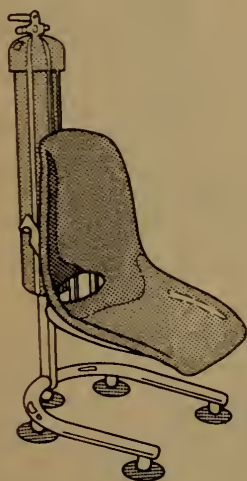
PREVENTION OF SHOCK. Do NOT TURN ON SWITCHES OR ELECTRICAL APPLIANCES WHILE STILL WET. THE OVER-THE-WASHBOWL LIGHT SHOULD NOT HAVE A METAL CHAIN OR IF IT DOES, IT SHOULD HAVE AN INSULATING LINK NEAR THE SOCKET. BEST PREVENTION FOR SHOCK IS TO INSTALL A GROUND FAULT CIRCUIT INTERRUPTER AT THE HOUSE FUSE BOX, THOUGH THE COST, WITH INSTALLATION, MAY BE AS HIGH AS \$100.

bath chair

Bath tub bathing made possible.

To Use:

Place Bradwell bath chair firmly in bath at required height.



To Get In:

Sit on Bradwell bath chair, then turn seat inward. Turn valve handle to "down"; chair descends slowly into water.

To Get Out:

Turn valve handle to "up"; chair ascends slowly. Turn chair seat outward and slide off.

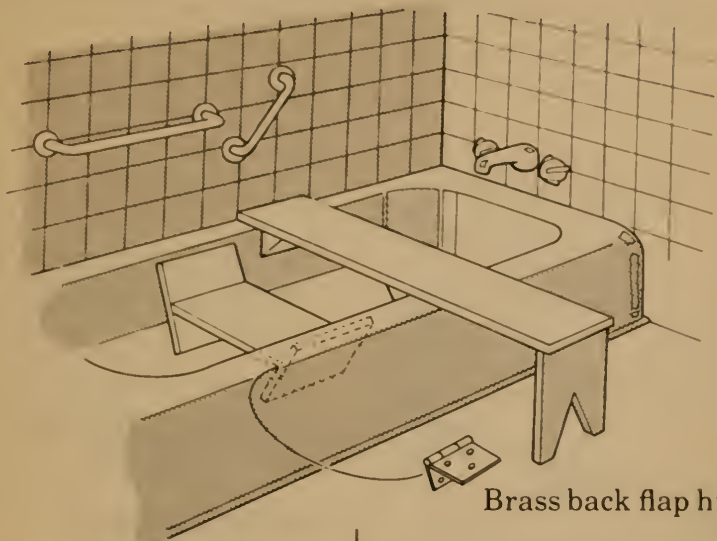
Lifting and assisting a person into the bath is cut down to a minimum with the use of a Bradwell Bath Chair.

The Bradwell Bath Chair is helpful to those in hospitals or living alone, and to the relatives of those caring for the handicapped.

Available from:
Medical Suppliers.



bath safety



Brass back flap hinge

To Make Inside Bath Bench –

Measure width of inside of bath approximately 20 cm from back (end without plumbing as illustrated) of tub. Cut this seat 3.8 cm less than width of bath. Side flaps should be 23 cm wide and 30.5 cm high. Fasten side flaps to seat with 4 brass back flap hinges, size 3.7 cm.

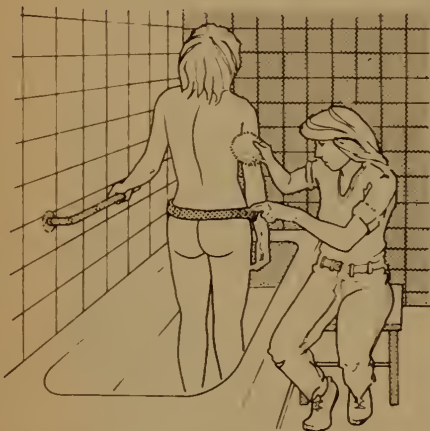
Many people prefer bathing in a tub. The patient usually transfers into the tub before filling it with water. The cold water should be turned on first and turned off last to prevent burns from the hot water.

A chair-to-chair, sitting-tub transfer gives maximum safety but should be practised with supervision even after the patient has learned the technique.

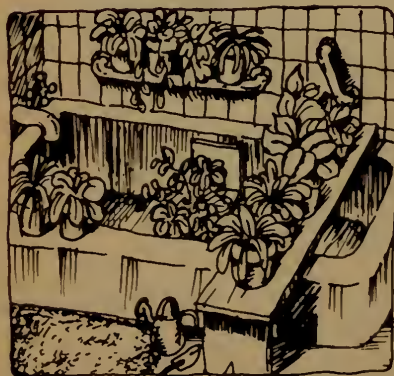


bath safety

Bath Safety Belt – A belt around a person is easy to hold when the person's body is slippery while bathing.

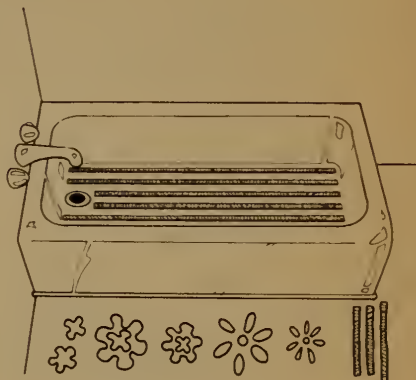


Grab Bars – Choose the grab bars most suited to your needs from the large selection available.



MOTHER, YOUR PLANTS ARE BEAUTIFUL... BUT DON'T YOU THINK YOU SHOULD TAKE A BATH SOMETIMES?

Safety Treads for Tub and Shower



Bathtub appliques.

Available from:
Houseware Departments.

Slipping in the bathroom may result in a fractured hip joint. This may be the beginning of an arthritic joint, which eventually may have to be replaced by an artificial joint. If you slip again and break the artificial hip joint, the remnants of bone may have to be fused causing more problems.

bath safety

A **Hoyer Lift** may be used for the patient who is unable to transfer himself into the tub because of physical disability.

Gently, without effort, the patient is lifted from his chair and moved over tub and lowered into the bath water.

A Hoyer Lift may be used to transfer someone to a bed, to a commode, or to a car.



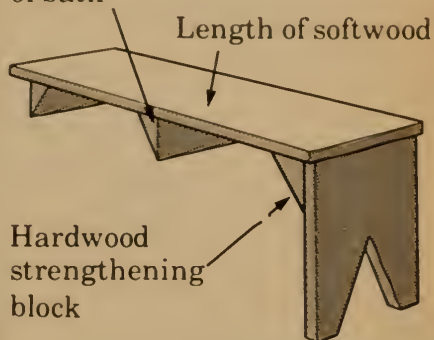
Available from:
Medical Suppliers of Everest
and Jennings Products.

Relatives and patients should consult with medical staff before using it.

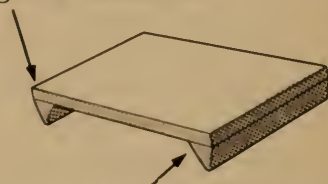
Overboard for outside of bathtub helpful for transferring yourself from a chair to the tub.

Adaptations for normal bath tub. See next page for bath with both benches in situ.

Block of softwood shaped to slope of bath



Length of softwood



Hardwood shaped to a wedge

A Person Transfers Himself from Overboard to Inside Bath Bench – The user may either sit on the bench himself for washing or lower himself from it on to the base of the bath.

bath spray



Shampoo and Bath Spray –

For use in the bath instead of a built-in shower. Helpful for those with stiff knees, who find it difficult to get down into the tub, but still enjoy a good soak. Also suitable for shampooing one's hair while in the bath.

Available from:

Houseware Departments,
Medical Suppliers.

Adapted wooden coat hanger with a sponge and a bicycle hand grip on the end making it easier to hold.

For those with stiff knees, or legs in plaster, use a plastic drip-dry

coat hanger with a piece of foam or towelling attached to the tip. This will enable one to wash between the toes.

Bath spray may be fixed to the wall.

Back washer



For washing between toes

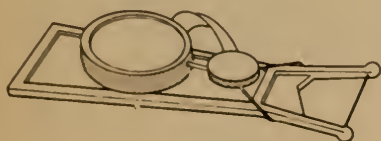


dental care

Floss while you have the chance!
A paraplegic with limited power
in his hands has been known to
floss his teeth.

One-Hand Dental Flosser:

13 cm. easy grasp, holder ena-
bles one to reach back teeth.
Helpful for those with poor
finger dexterity.



Available from:

Floss Mate/Floss Handle
by Butler
is available from most drugstores

hair care

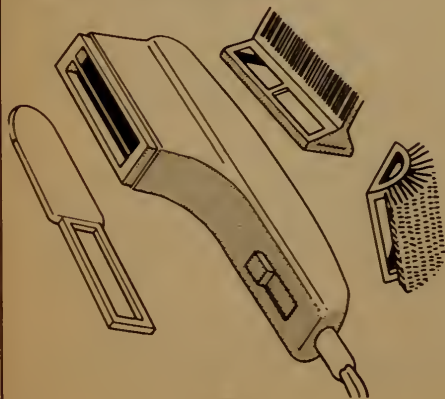
Simplair Hair Rinser made from H.D. Polystyrene, fits into basin for back wash. This method is often preferred as it avoids shampoo stinging the eyes.



Available from:
Orthopaedic Equipment
Company
in Canada and the U.S.A. See the
list of medical suppliers at the
back of this book for addresses.

Hair Dryers

Light-weight, portable hair
dryers with styling brushes,
combs, and handles.



Available from:
Major Department Stores.

Drying your hair is good exercise
for stiff arms and is, and may be,
helpful for those with poor co-
ordination.

The Carters' Hair Rinser
supports the head and neck
when the hair is washed. The
rinser has deep sides and chan-
nels the water into a bucket to
keep bedclothes dry.



Available from:
Carters (A. & J.) Ltd. and
distributors. Similar model
available from:
Fashion Able, U.S.A.

hangers

When drying clothes on an outside line put two pegs, one on either side of hook, to prevent hanger from sliding along.



Coat Hanger With Clothes Pegs

An easy gadget to make. You need:

- 1 wooden coat hanger,
- 50 cm cord or string,
- 6 spring clothes pegs,
- 7 eyelet screws.



To make:

Bore 7 small holes in the inner curve of hanger, equally spaced. Screw in eyelets. Knot one end of cord through first eyelet. Push loose end through spring in peg and knot it to the second eyelet. Do not pull peg close to hanger. Repeat.

If your balance is uncertain, this coat hanger with clothes pegs enables you to sit down while placing six garments on the hanger. Standing is only required to rapidly place hanger on the line. This can also be used from a wheelchair if the clothes line is lowered to a manageable height.

Levco Laundry Hooks have many uses. Invent your own.



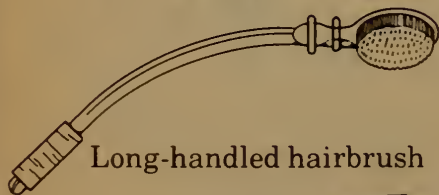
Available from:
Department Stores

look nice: feel nice

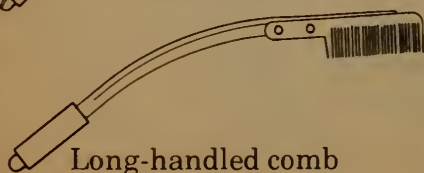
Adapted Coat Hanger – To hang on the bed and hold all your treasures, toothbrush, reading glasses, library book.



Bag – With pockets makes for easy access to small articles.



Long-handled hairbrush



Long-handled comb

Comb – With broad handle is easy to hold.



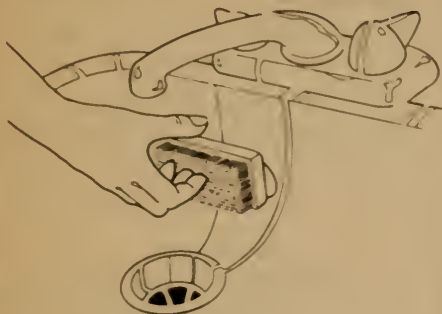
Extra long **lipstick** makes it possible for those with stiff elbows to apply it themselves. Make your own **make-up mirror** with 9 mm wide strips of 4 mm thick perspex.

1. Collar
2. Two wing nuts to adjust angle
3. Strengthening strips
4. Rivets



single-handed

To clean your fingernails:



Nail Brush With Suction Cups Attached to the Wash Basin or Bath – No more dirty fingernails for the single handed.

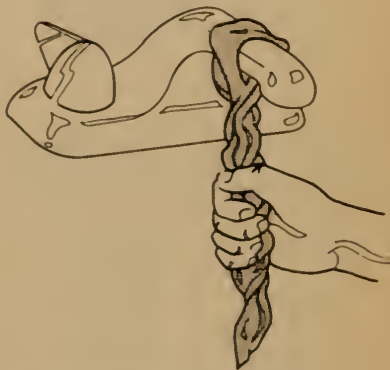
Available from:

Fred Sammons, Inc. and Medical Supply Companies.

To clean your dentures single handed:



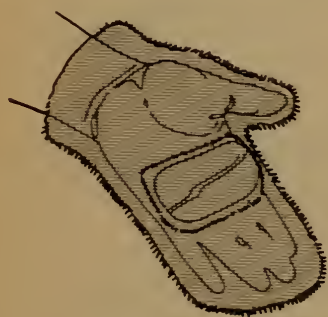
Attach suction cups to the handle of your denture brush and suction to the basin.



To wring small articles.

soap and a little friction

A **Soap Mitt** may be made from terry toweling with a small pocket for the soap. A second mitt can be made the same way for talcum powder.



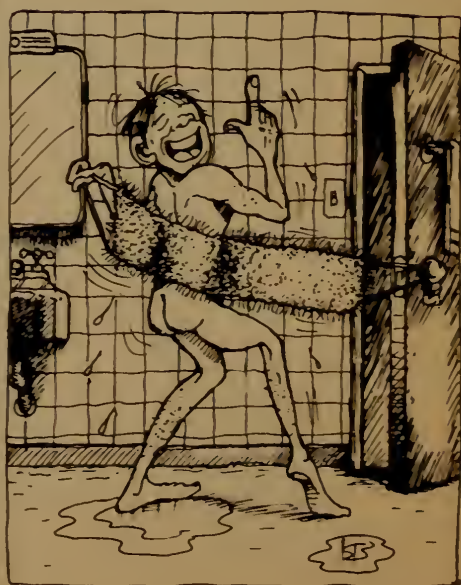
A **Lufa** may be used to encourage circulation when arm is affected after a stroke – terry toweling on the other side.



Available from:
Drug Stores.

For washing your back, use a sling towel with some elastic loops. One-handed: loop one of the ends on the doorknob... and twist!

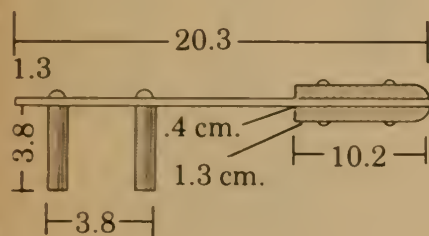
Length of
double toweling
(90 cm. long)
with loops...
aids back
drying.



tap sense

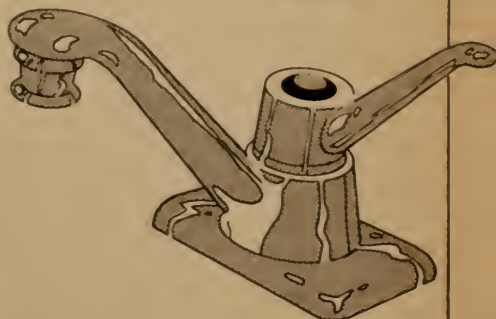
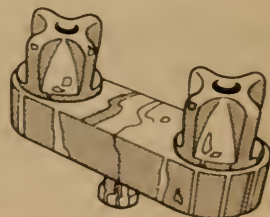
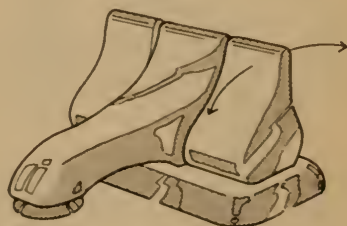
A Tap Turner – You can, with a tap turner, turn on a tap even though someone else has turned it off with a vise-like grasp. Use wood or metal rods, as in construction drawing, to fit tap. The shape may have to be box-like to grip modern taps.

Easy to take with you if you are staying with friends.



Faucet Design – These well-designed faucets are commercially available.

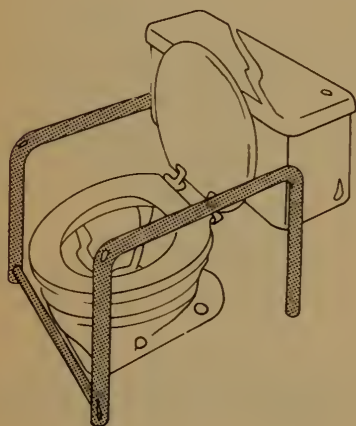
If limited adaptations, such as tap extensions, are required, the co-operation of the Pipe Trades Section at your local Institute of Technology may be possible. If you are applying for an adaptation, an occupational therapist must first assess whether it is necessary. Then, if interested apprentices are available, they will be sent via their instructor.



toilet lifestyle

More Toilet Aids to help getting on and off the toilet.

Toilet Frame may be a temporary or permanent fixture. If you are in a wheelchair these bars will help your balance when transferring from a sitting to a standing position.



Available from:
Medical Suppliers.

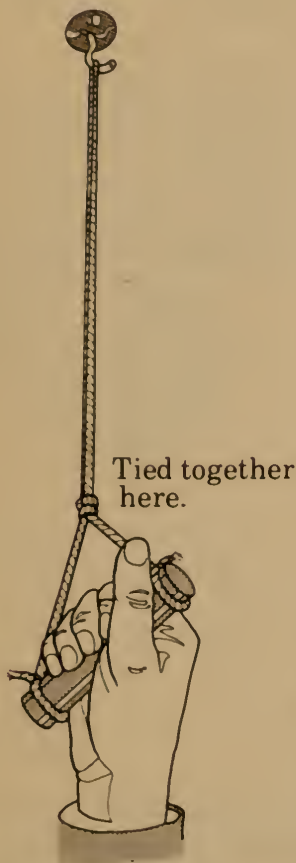
If you want time in the toilet make sure everyone knows and then they will not hurry you. (If you're lucky.)

Leather-Loop Grip – Fasten approximately 60 cm above and 60 cm in front of toilet seat.



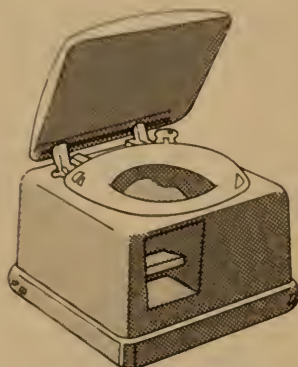
toilet lifestyle

Wood-and-Cord Grip



To make:
Tie a double length of cord to a 12 cm broom handle. The loop is placed over a strong screw hook in the wall.

Chemical Portable Biffy:
Pak-A-Potti V Model 259
73551-100 Sears, Roebuck & Co.
Chicago, IL. 60684 U.S.A.



Available from:
Sports Centre, Simpson Sears,
Canada.

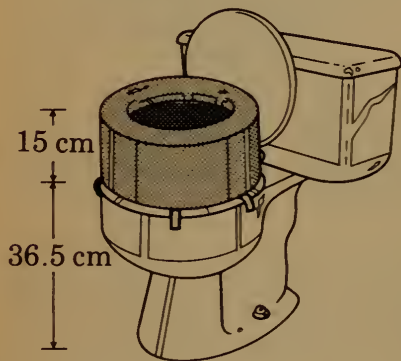
Ideal for the home with only an upstairs toilet. A person for one reason or another may not be able to climb stairs and the home has to be adapted. This chemical toilet may be the solution to their independence.

toilet lifestyle

Toilet Raises to help getting on and off the toilet. Some samples available.

Remember a wheelchair is higher than the average toilet seat. A toilet raise may be a great help.

A fixed toilet seat raise is essential if you are a heavy weight.



A raised toilet seat cushioned with heavy-duty vinyl material, easy-to-clean and easily attached.

Available from:

Cardon Rehabilitation Products in Canada and Fred Sammons Inc. in the U.S.A. See the list of medical suppliers at the back of this book for addresses.

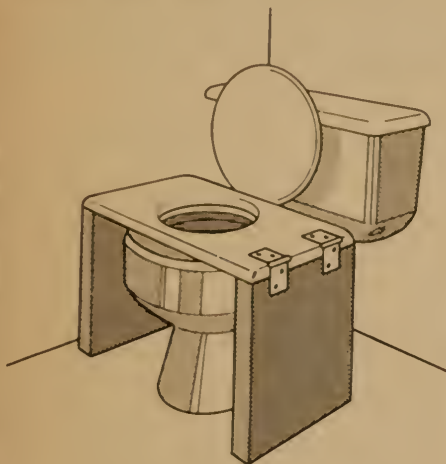
LEVERAGE

IN STANDING THOSE VITAL 5 CM.!!!



toilet lifestyle

Hinged Toilet Seat Raise allows essential leverage with those vital 5 cm.



A toilet raise with no fixtures, lightweight model, may add from 5 to 10 cm to toilet height. It is the Cadillac of toilet seats.

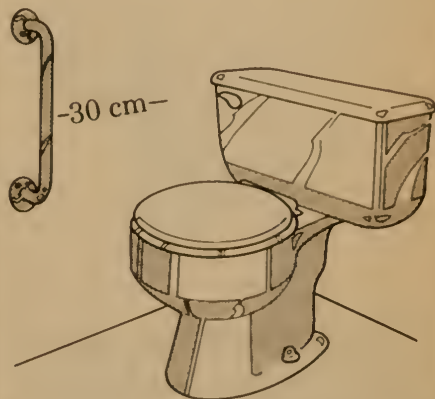
Available from:
Medical Suppliers.

Toilet Safety Versa Frame may be attached to toilet seat to help those with poor balance.

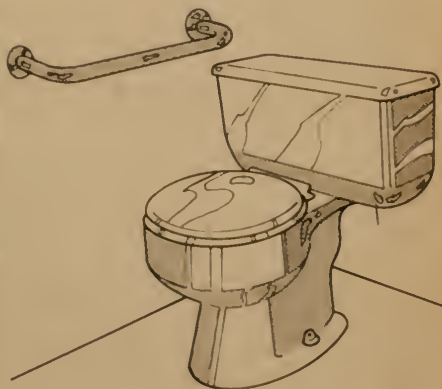
Available from:
Medical Suppliers.

Fashion dictates lower and lower toilet seats. Unfortunately, this necessitates assistance in leverage and grab rails become a must.

Vertical rail fixed on wall 30 cm in front of toilet bowl.



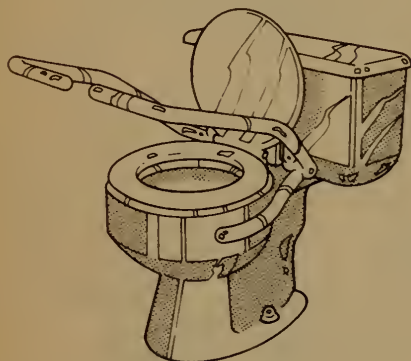
For persons recovering from a stroke the handrail should be on the side of the hand they can use when sitting.



toilet safety

Grab Rails suitable for the bathroom and toilet.

Available from:
Medical suppliers.



The Mecnaid Toilet Aid gives support from two tubular arms that encircle the patient. The front of each arm folds out sideways, enabling the patient to get on and off the toilet.

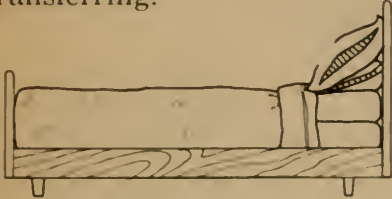
Available from:

Agents for Mecn aids Ltd., U.K.
and Harry Geen Associates,
Suite 8, 1220 Ellesmere Road,
Scarborough, Ontario M1T 2X5,
Canada.

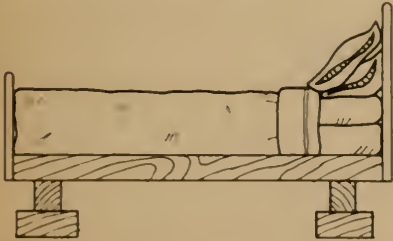
household

beds

Getting In and Out — Raise bed with wooden blocks. Make sure the bed is the same height as the wheelchair for transferring.



Bed without blocks.



Bed raised with wooden blocks.

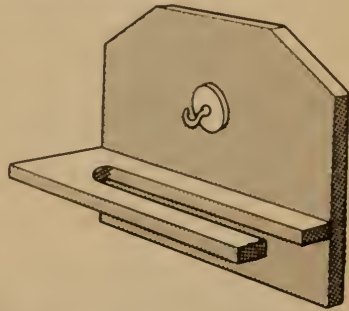
An Aid to Get Yourself From a Lying to a Sitting Position —



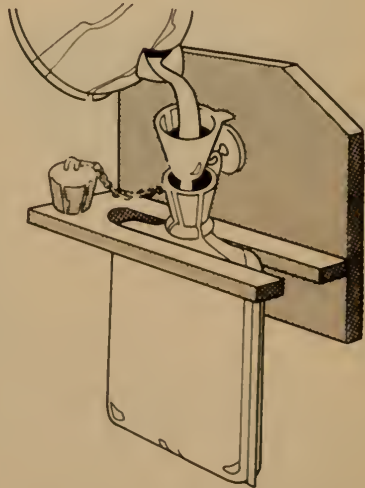
Use a rope ladder. The ends of the rope ladder may be attached to the legs of the bed.

Make your own from rope and wooden dowels

Filling a hot water bottle one-handed:



Hot Water Bottle Holder...
Make it yourself!

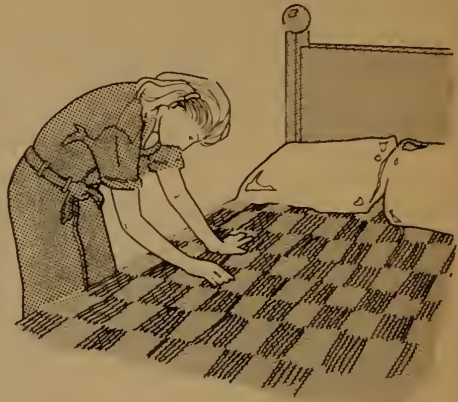
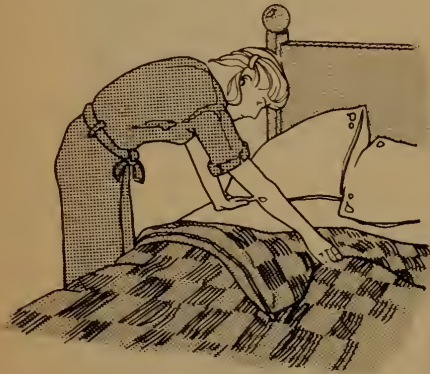


A funnel makes pouring safer.

beds

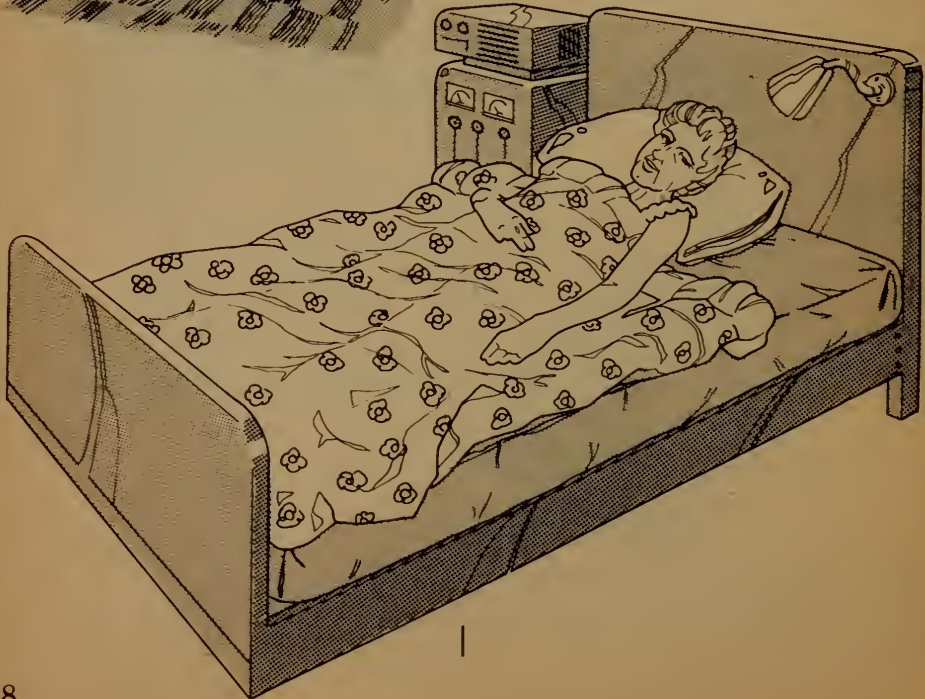
Eiderdown – Light and Warm

– The Nordic and European practice of using a duvet, eider or slumberdown with a sheeting slip-cover is one worth borrowing. Not only does it eliminate wrestling with vagrant sheets and blankets while in bed, it also reduces bed-making to a shake or two and so helps those with painful hands.



Eiderdowns

An eiderdown is light, colorful, and cosy. It brings an individual feeling to a hospital room, which is important when a patient is confined there for a long time.



carpeting

Carpeting

Carpeting is a very expensive item. If you are domiciled in a wheelchair, not many dealers will allow you to test a carpet by wheeling your chair over it. Professional advice should be sought from your occupational therapist. With the information he or she can provide and the information the salesman can offer (as well as your knowledge of your needs, of course), you should be able to select a suitable carpet.

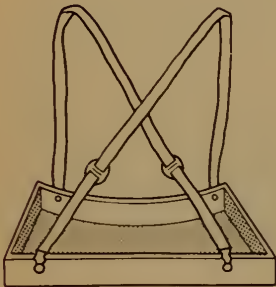
Specifyer, 28 (Antron 3 non-static nylon made by Dupont) manufactured by Westmills, 2423 Second Ave. S.E. Calgary, Alberta, Canada, Tel: (403) 273-6000 has proved satisfactory.

Available from:

Carpet Stores and Departments.

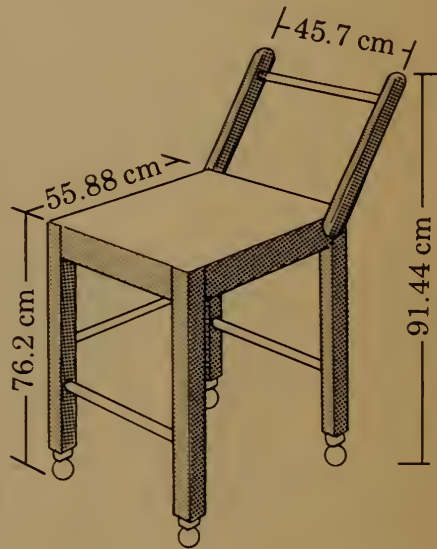
carrying

Aids to Carrying While Walking – If you have to walk with the aid of a cane or crutches, carrying food or other essentials may be a problem. This aid may be helpful. Make it yourself or ask your local school if any of their students would like a woodwork project. Is there a school for slow learners in your neighbourhood? These schools often have excellent workshops and helpful students.



Made with dog lead clips and webbing, clips to screw eyes in tray.

This Trolley may be made from an old wooden chair and may be used both to aid walking and to serve as a table. The usual lower shelf and cross bars have been omitted so that one person may sit and eat from this trolley, and avoid transferring the food to a table.

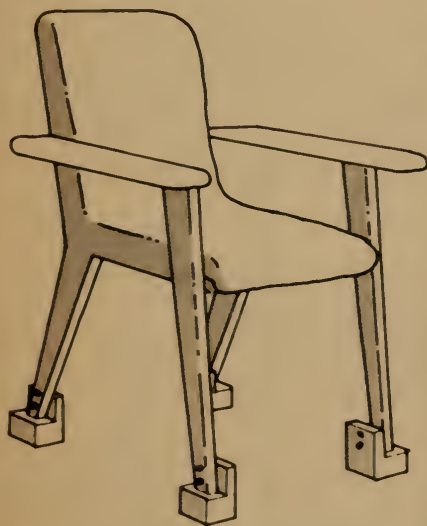


chair-raisers

Ways to raise a chair to aid sitting down and getting up, and to lessen the strain on your knees and hips:

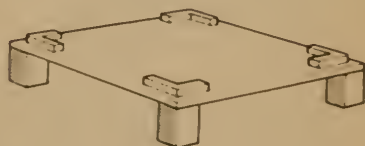
The **size** and **shape** of the **platform** depend on the **chair base**. Make a pattern by placing the chair on a piece of paper and trace around the legs; supplement with measurements from a tape measure.

For added **stability** screw the legs of the chair on to the platform.



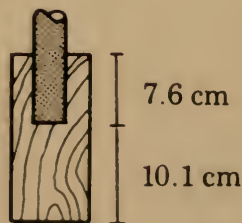
Now with the chair raised, if your feet do not touch the floor, provide a footstool so that your feet are supported.

If you need the chair to be raised 10.1 cm make the raise the same height again less 2.5 cm. In this case it would be 7.6 cm as within this 7.6 cm a hole will be made for the leg of the chair. This added height is needed to give support to the chair legs and thus make it stable for sitting on.



Materials: 1.2 cm plywood,
5 cm x 5 cm wood for the legs.

1.2 cm x 1.3 cm wood edging.



chair-raisers

Light-Weight Garden Chair

with aluminum legs may be easily raised by adding legs from a second chair. The original chair may then have the legs raised to the desired height. This chair has the advantage of being light and comfortable with a webbing seat and arms. A person with arthritis may be able to move the chair without help, inside or outside the house.

Cushions

A great variety are on the market. Professional advice may be needed if you are to select the most suitable. One sample, Comfy Cushion, has a floating mechanism, is covered with for-trel (black, navy-blue, or brown) or natural sheepskin, and is non-slip. It's completely washable, but should not be put in the dryer. Ring out and hang to dry.

Or, build your own cushion. Hard foam is good for the base and medium foam for the top. Leave the foam in the plastic bag, but snip the corners to allow the foam to breathe.

Available from:

Doncaster Medical Products
140 Doncaster Ave.
Thornhill, Ont., Canada
L3T 1L3

Stainless Medical Products
9389 Dowdy Dr.
San Diego, Calif., U.S.A.
921246

cleaning

Prevent stooping by using a long-handled dustpan and broom.

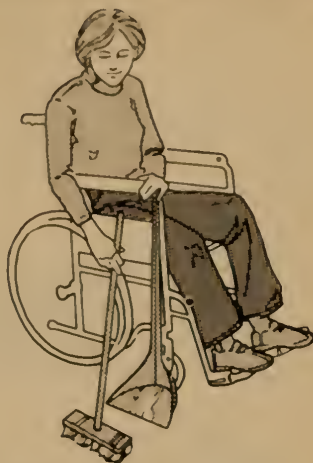
Window Mop with adjustable head. Fix a chamois leather on with elastic bands to polish. Curved handle.



Long-Handled Dustpan – Plastic, lightweight and stands by itself.



Long-Handled Brush to use with dustpan.



Available from:
Woodward Stores Ltd. and other
Department Stores.



Flexible Mop – Slight pressure on handle will bend mop to reach under furniture.

cleaning

Broom With a Gutter Support

— Adapt a broom with a gutter handle, giving more support, and doing away temporarily with a walking aid for those who have to normally use one.

Ask your local bicycle repair man or your local school if they can add a gutter handle to your long-handled broom.



Long handle fixed to an ordinary dustpan.



HOUSEWORK
IS
EXERCISE!

DANCE WITH YOUR BROOM TODAY!!!



scotaid

The versatile **Scotaid**, designed by Dr. B. Scott, Department of Rheumatology, The Radcliffe Infirmary, Oxford, Great Britain.

Available from:

Rank Stanley Co.,
Precision Industries Ltd.,
Watton Rd.,
Ware, Herts SG 12 0AE
Great Britain;
or ask your local Medical
Supplier to obtain it.

Some Uses for the Scotaid

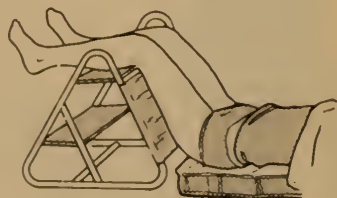
1. As a stable, but light step-unit for reaching up to cupboards.



2. As a bed-rest.



3. For venous drainage, or treatment of edema.



seats

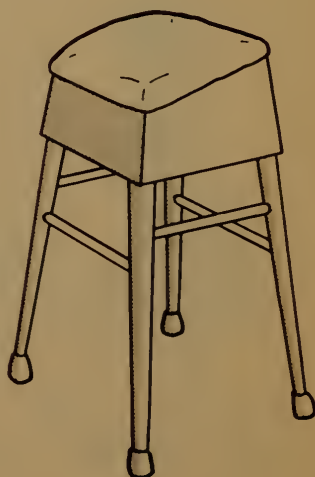
The Lightweight Rest-Seat folds easily and becomes a handy walking stick. It's simple to set up as a seat and allows a person to relax for a few minutes before continuing with shopping. Accommodates a heavy person. May be used by any member of the family when watching local parades.



Available from:
Orthopaedic Equipment
Company in Canada and the
U.S.A. See the list of medical
suppliers at the back of this book
for addresses.

Adapt a normal kitchen stool and make a sloping seat. Make it non-slip by fixing crutch tips to base of stool legs. Helpful if you have an arthritic hip.

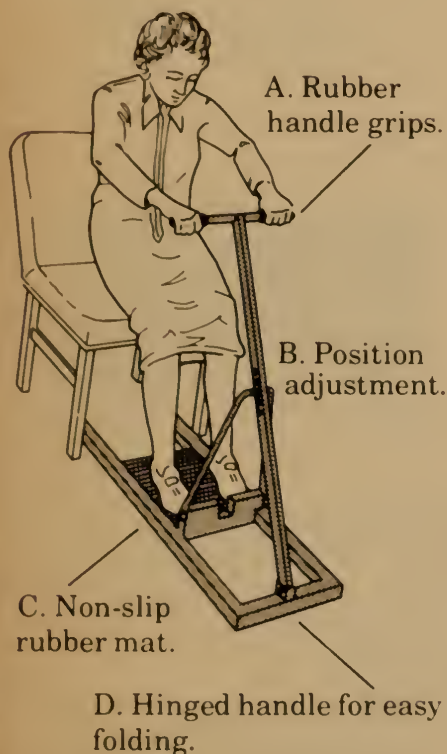
High stool for sitting while cooking.



stand-easy aids

For those who have difficulty in rising to their feet from a sitting position.

Dimensions: 318 mm wide x 914 mm when folded.



Available from:

Rank Stanley Co., Rank Precision Industries Ltd., Watton Road, Ware, Herts. SG12 OAE. Great Britain.

This aid lessens the chances of strained backs for those who are continually having to lift overweight people.

Sask-A-Pole or Handy Spring-Pole

Easily positioned. Has a telescopic pole with rubber suction cups on either end which fix tight to the floor and ceiling. It enables a person to move to a more comfortable position. It is also helpful to an individual when he or she is rising from a bed, chair, or toilet, and may be used in pairs by those who have exceptional difficulty in rising.



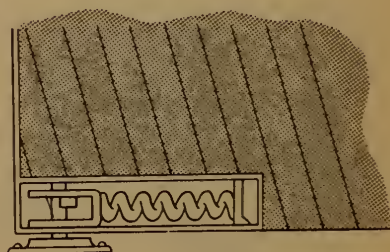
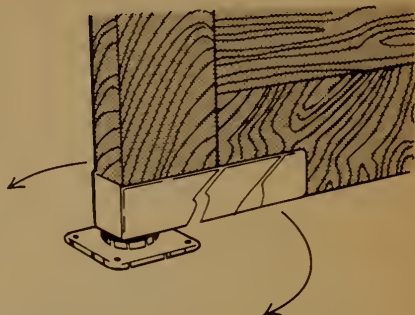
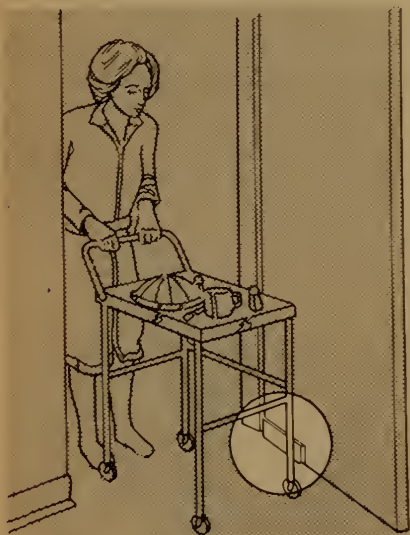
Available from:

M.S. Society of Canada, 1410 Kilburn Ave., Saskatoon, Sask. S7M 0JB and other Medical Suppliers.

swinging doors

Adapt Your Own Home –

Make the door swing both ways, enabling wheelchair users to independently move from room to room. Use Stanley Dap – 3, double acting pivot.



Available from:
Stanley Machine Tools
Williams Wilson Ltd.
544 Inspector St.
Montreal, P.Q.
H3C 2K9

The Stanley Tools Division
600 Myrtle Street
New Britain, Connecticut
06050

tables

Complete table versatility with
**Mitchell Saturna Round
Folding Table.**



Adjusts to eight convenient
heights from 55.2 cm to 72.6 cm.

Available from:

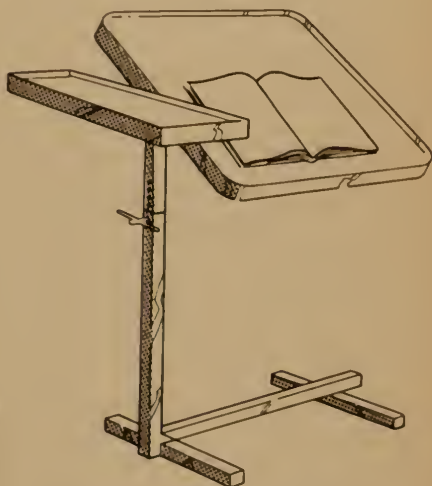
Almer C. Johnson Agencies Ltd.,
13904 - 80th Avenue,
Edmonton, Alberta
or Mitchell Manufacturing
Company,
2740 South 34th Street,
Milwaukee, Wisconsin,
53246, U.S.A.

The base of an old dental chair
makes an ideal base for an ad-
justable table. The height may
be adjusted for a work bench for
the tall and the short.

Very Table

A folding table which may be
used by persons in bed, in wheel-
chairs, or those seated on chairs.

It has two working surfaces, the
main table being adjustable to
any angle. The edge of the table
prevents the book from sliding
off, and this can be reinforced by
placing a layer of latex mesh on
the table. (Latex mesh is used
under rugs to make them non-
slip and is available from the
carpet department of your local
department store.) Latex mesh
is easily cut to the size required.



Available from:

Carters (A. & J.) Ltd. and their
distributors and modified ver-
sions are available from other
medical suppliers.

transportation

the automobile

Aids to Getting In and Out



The Sliding Board may sometimes help in a sideways transfer. It is a highly polished wooden board along which the user slides himself. It is about 2 cm thick, rounded on two corners, and bevelled on three sides.

The Sliding Board should be of the correct length of the individual user. A short board is more suitable for a wheelchair-to-bed transfer, and a longer board for car transfer.

Transferring from Wheelchair to Car – The sliding board to the rescue, and another person who is able to fold up the wheelchair and load it into the car.



the automobile

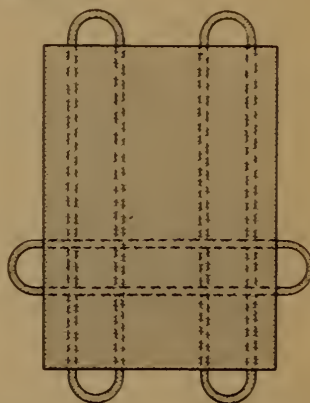
The Car Slide – Helpful if you have had a stroke as you sit on the slide, enabling the helper to pull you in with less strain.



To Make:

One piece of slippery material (nylon) to be next to car seat.
One piece of strong material

(canvas) for strength. Double strips of canvas or tape, sewn inside the two materials, providing reinforcement and loops for handles.



Car Grip – Helps in transferring in and out of a car. The grip engages in the roof trough of the car to provide secure support.



Available from:

Carters and other medical suppliers.

buses

The use of public transportation is possible for a young amputee with the help of crutches and a considerate bus driver, who gives her time to be seated before the bus starts.

Many people requiring long-term rehabilitation are the result of road accidents. These tragedies might be reduced if the public transportation system was more available.



The principle involved is the same for someone with two legs and using crutches or a cane.

Ascending:

Good, unaffected foot goes first *up to heaven*.



Descending:

Crutches or cane with injured or affected foot goes first *down to hell*.



living on wheels



Ideally, the Disabled Person should be resettled back into work, either wholetime, or part-time. The ability of a wheelchair user to return to work depends not only on the architectural barriers but also on a combination of factors which determine his ability to become a reliable, punctual worker. Achieving a realistic time-table for dressing, feeding and coping with personal toilet is as important in maintaining punctuality as overcoming the architectural barriers of getting to the place of work. In this particular area,

adaptations to clothes, accessories for wheelchairs, and reliable techniques for coping with toilet activities play an important part.

Extract from *Equipment For the Disabled*, "Problems of Living on Wheels: A Synopsis", by G. McCay, E.M. Hollins, and P.J.R. Nichols. Available from: 2 Foredown Drive, Portslade, Sussex, England BN4 2BB. U.K.

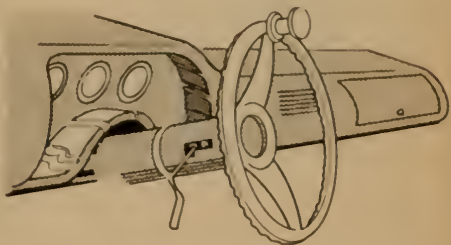
mobility

Disabled Transportation Systems are operated under many different names. Information regarding such transportation is usually available through the local branch of your social services department. To use the service a person is required to register in advance. Many modified vans and buses have allowed those unable to use regular transportation to have freedom of travel. This encourages independence.



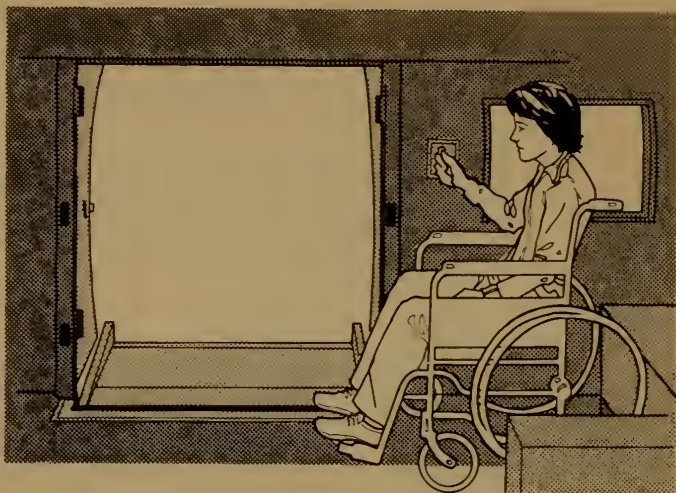
Why not take a bus, a train or a plane? – Make inquiries at your local travel agent. Follow the example of the hospitalized polio patients who organized a trip to Hawaii with the help of Wardair.

Car Adaptations and Driving Lessons for the Disabled – For someone who has had an arm amputated, learning to drive again with one hand may be quite traumatic. Individual adaptations are available.



For information contact:
Your local hospital's
occupational therapy dept.

para cruiser



Own your own transport – now you can take the family out

The **Para Cruiser** is designed throughout for the wheelchair passenger or driver. It is equipped with the new, automatic para lift which enables the wheelchair user to get in and out independently.

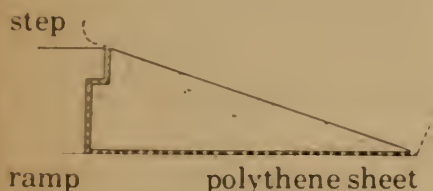
Wheelchair Users – Total mobility for the disabled thanks to: Para Industries Ltd.,
#6 4826 - 11th Street, N.E.,
Calgary, Alberta,
Canada T2E 2W7
Tel: 1-403-276-3133

Contact your hospital's Occupational Therapy Dept. for local supplier.



ramps

Solutions to Mobility – inexpensive ramp made from a mold of polythene sheeting and filled with cement.



1. Cut sheet of medium gauge polythene into a rectangular shape, approximately 1.3 cm wider and 30 cm longer than finished ramp.
2. Place 2 wedge-shaped lateral shutters with a gradient approximately 2.5 cm in 30 cm on outside edges of polythene to rest closely against the step. Hold in position with weights or concrete blocks for the outside.
3. Mix sand and cement and lay in polythene mold. Roughen surface of cement.



Sidewalk Design may be modified by sloping the sidewalk to a minimal curb. This is helpful, not only to wheelchair users, but also for those pushing grocery carts or strollers. (Also cyclists who are forced off the road and temporarily seek the safety of an unused sidewalk).

walking aids

A sample of walking aids are illustrated. Professional advice must be sought when making a final selection.

Zimmer GB Folding Walker

The firm assurance of safety provided by this sturdy walker encourages progress to independence. Model available with Pressure Lock Brake Caster.



Available from:

The Orthopaedic Equipment Company in Canada and the U.S.A. See the list of medical suppliers at the back of this book for addresses.

Delta Walking Aid

This model is helpful for those suffering the effects of polio, rheumatism, or cerebral palsy. When used by arthritic sufferers, the handles may be substituted with the special trough and handles from the Adjustable Crutch.

Supermark Delta is a modified version of the Delta Walking Aid, having cable brakes on the rear wheels and is suitable for using on uneven ground.



Available from:

The Orthopaedic Equipment Company in Canada and the U.S.A. See the list of medical suppliers at the back of this book for addresses.

walking aids

Atlas Adjustable Stand Aid

The robust frame is adjustable to the exact requirement of the user. The rest pad is shaped to the body. Suitable for early retraining of weak legs after lengthy illness.



Modified model is available with arthritic crutch attachments.

Available from:

The Orthopaedic Equipment Company in Canada and the U.S.A. See the list of medical suppliers at the back of this book for addresses.

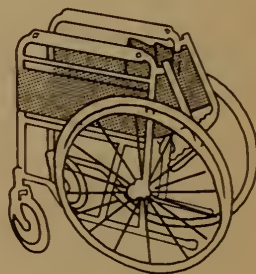
wheelchairs

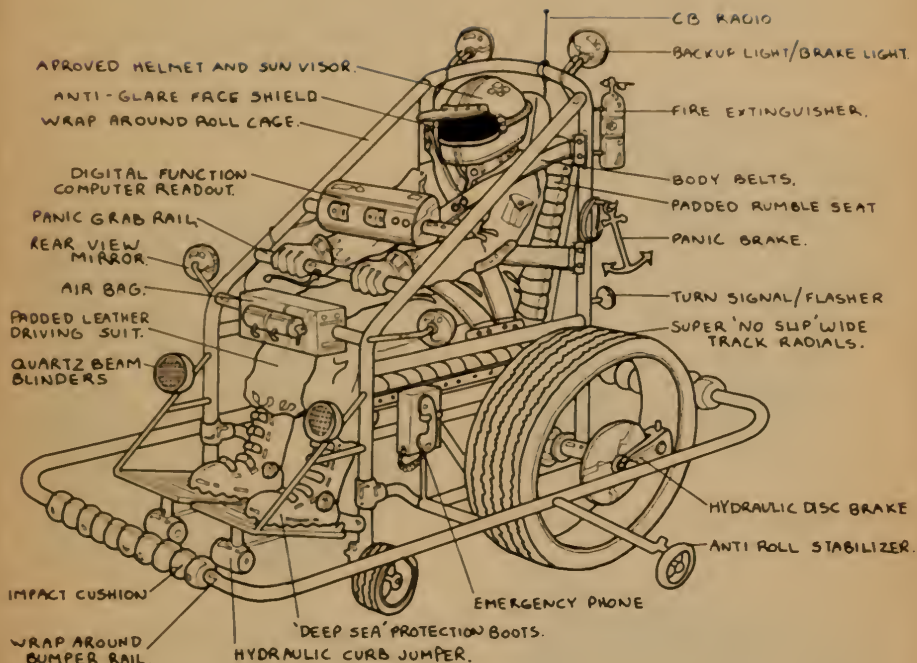
For the young, the wheelchair becomes their magic carpet. For the elderly, it is a double magic carpet because they are able to get places where they've never been before. (One advantage of living in an institution is that residents sometimes have the opportunity of going on outings to art galleries, flower shows, theaters, concerts, and so on.)



Wheelchairs are like cars; there is a wide variety. They must be selected with the help of a professional. Motorized wheelchairs, even with the help of a professional, have been known to take off with their newly acquired learner driver.

Seat Belts are obtainable from wheelchair suppliers. Professional advice should be sought to check how seat belts should be attached to wheelchairs. In most cases, they should be attached the way safety belts are in airplanes, so that the belt comes over the hip.

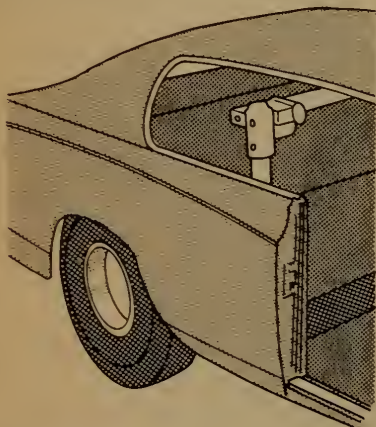




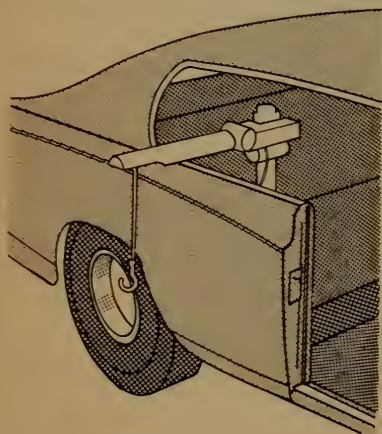
Safety Overkill Takes the Fun
Out of Living!

wheelchair loading

The Chrysler Wheelchair Loader – This device enables one to transfer from the wheelchair and lift it into the car.

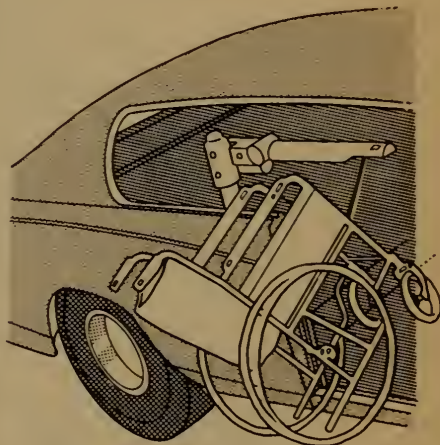


Unit parked when not in use.



Boom swings out, ready for hoisting.

The wheelchair is easily pivoted into the car behind the passenger seat with the use of an extension hook, and then lowered to the floor of the car by reverse activation of the switch.



Mr. Stan McDowell, Manager (Vehicle Product and Quality Engineering), Chrysler Canada Ltd., Windsor, Ontario, Canada, N9A 4H6 has offered the concept and design to anyone who wishes to develop it further.

leisure and pleasure





biking

Hayes Aids

Big "T" Trike is a large tricycle designed mainly for spastics. It is a very stable tricycle with front forks which allow for individual adjustment of left and right handlebars. There's also a fixed gear which aids physiotherapy. Tow bar can be attached to either front or rear of trike. Wide range of saddle heights enables big "T" to be used by many age groups. Children with no handicap also get a thrill from riding this exciting and colorful bike.



Although the Jay Bike Mark Five gives pleasure to children with a wide range of disabilities, it was originally designed for spina bifidas. Children get excited when they see this bike!

Further information available from:

R.C. Hayes (Leicester) Ltd.
65a Main Street,
Kirby Muxloe,
Leicester, England.
LE9 9AN

Tel: 0533 394538 or 0455 46027



A Bicycle Made for Two -

Seated in front is the sighted person who is responsible for steering. Seated behind is the poor-sighted or blind person who helps pedal.

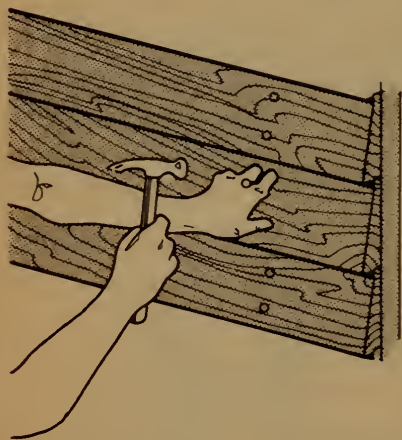


carpentry

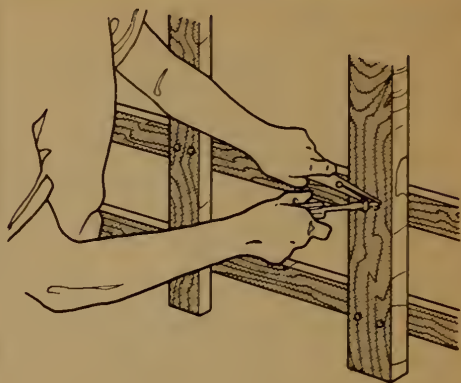
Extracts from a letter of a man who has maintained his independence and pleasure for living despite severe hand injuries.

"I suspect that part of the delay in writing was rooted in reluctance to identify and photograph handicapped proceedings. Perhaps that is a familiar phenomenon. I do not believe we amputees think of ourselves as "handicapped" and we are reluctant to do so in specific detail."

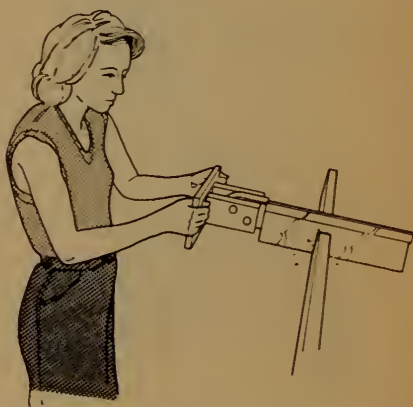
Problem Areas Around the House – Large nails can be held between stumps of fingers and a small hammer is easy to manoeuvre.



A small nail or screw may be held in position by using needle nose pliers or thumb forceps.



When the upper extremities are weak, the force needed for sawing may be divided between both arms with a bilateral wood handle bolted to the saw. The wood being cut is secured to the bench with a clamp.



dancing

Ballroom Dancing – For the person who has suffered a stroke, dancing is wonderful exercise and gives so much pleasure. The partner gives the person having had a stroke sufficient balance to dance, whereas when walking she or he may need assistance.



Dancing when you have had one arm amputated may still be fun; the function of the amputated arm is replaced by attaching a strong loop to your belt, made of the same material as your belt or your dress, or a coloured chiffon scarf.

If you cannot go abroad this year, why not become a sedentary traveller. Get on your *Magic Carpet* and travel the world through an interest in foreign stamps, languages or music. If you enjoy dancing why not join an International Dance Group? Their parties are very special with everyone bringing a favourite dish and exotic drinks; with Greek music playing, it is hard to stop dancing to eat.

Square or Country Dancing in wheelchairs? The choice is yours.



dressmaking & sewing

Dressmaking

An arthritic teenager has great pleasure making her own clothes. This is made possible by using **electric scissors** which are operated by pressure on the push button control. A certain amount of vibration is experienced while the scissors are in use. This may be uncomfortable for those with tender hands.

Snippers – Easy to manipulate.



Available from:
Notion Departments



Battery-operated scissors are also available and are suitable for those with one hand.

As an alternative, designs of **manually operated scissors** which are light, easy to hold and use, are made by Fiskars Nor-mark of Finland, Kretzer Solingen of Germany. **Left-handed scissors** are made by Henschels.

Available from:
Department Stores.



The Helping Hand – This is easy to maneuver. Its jaws are closed over the object by pulling up the trigger of the pistol grip handle. It has a magnet on the tip which is useful for picking up all the pins. The Helping Hand weighs 196 grams. Average length is 67 cm.

Available from:
Medical Suppliers.

dressmaking & sewing

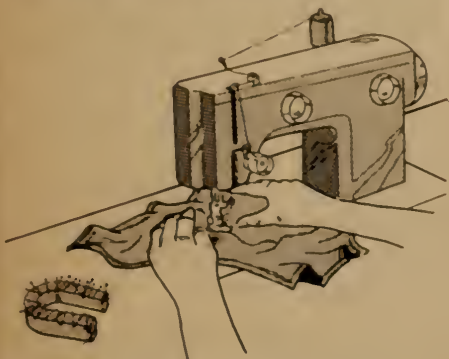
A large magnet makes a good pin holder as the pins are easier to manipulate.

Available from:

Department Stores, Hobby and Joke Shops.

Treadle Sewing Machine –

Using a treadle sewing machine is often therapeutic for the arthritic, as it is a gentle exercise for the ankles and legs.

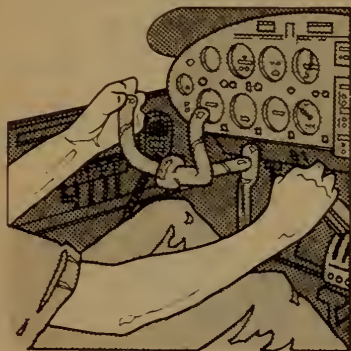


A Bathing Suit – Many people with disabilities love swimming, and two-piece bathing suits are easy to put on if they have front-fastening tops.



flying

Extracts from a flying enthusiast's letter.

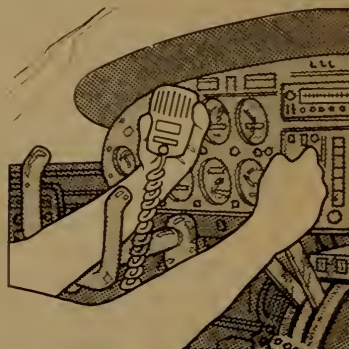


"Typical and standard functions at the controls of an aircraft, in this instance, a Piper Seneca Twin. I have been approved for DCB. Any aviation buff will note immediately that the aircraft is stationary on the ramp. Easier for photography from the wing – very difficult airborne."



"The main point here is that years of persistence are required, culminating in one short test situation where, as I mentioned

earlier, the amputee must perform better than others in order to be judged adequate."



"Tell your amputees and their relatives that stubborn persistence is the key, and a loving and tolerant family environment, especially while the ego adapts to the changes.

The physiotherapists and occupational therapists need to be totally detached and non-sympathetic."

N. B. I would think it depends on the individual. Not everyone has a loving and tolerant family.

gardening

The **Dutch Hoe** is easily managed, with only one hand by pushing it away from yourself.



Keeping a plastic bag open for the weeds is no problem if you have a trolley on wheels which has a hoop attachment for the bag.

Bean Sprouts — Grow your own sprouts from mung beans. Soak $\frac{1}{4}$ cup of mung beans overnight. In the morning drain them in a porcelain (not metal) dish 12.7 cm. by 20.32 cm. Soak four thicknesses of paper towels and put over beans. Wash and drain them twice a day. Ready in four days. *Bon appetit.*



Available from:
Most shops that sell gardening tools.



Protector, a repellent jacket against mosquitoes and biting flies.

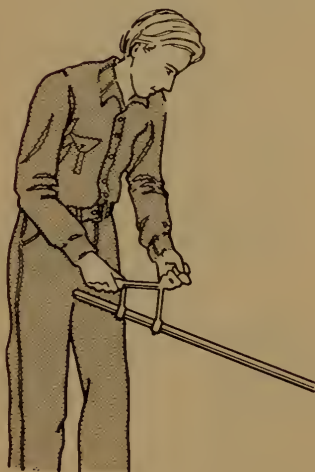
"Not exactly Chanel No. 5, but they will not enter the scented barrier."

Available from:
Mountaineering Shops.

gardening

No more stooping!

Handles – Back Preserver attachments for shovels and hoes.



Used automobile tires stacked make a good growing area for potatoes.

"No more back breaking potato picking days."

Available from:

Marco Products, 1259 El Camino
Real, Menio Park, California
94025, U.S.A.

gardening



"When you have been a farmer all your life it is the most natural thing in the world to want to plant your garden in the spring time."

Raised flower beds enable those in wheelchairs to garden and saves the average gardener from excessive stooping.

Many varieties and sizes of raised flower beds may be made from a wide range of materials including wooden planks, cement and old automobile tires stacked on top of each other.

Flora Cart makes it with a fluorescent gro-lux light for African violets and gloxinias. Easy to care for a variety of potted plants.

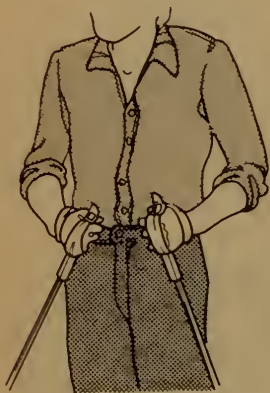


Available from:
Gardening Shops, Department Stores.

golf

A golfing enthusiast gives advice to those with disabled hands.

"Over the years, I have found two technicians of creative ability. They are the ones who helped with the golf-glove and ski pole braces. Most start and stop with the fitting of hooks and legs. The cost, of course, is sky high and most of your audience are in the worst position for great expense."



"One of the first prosthetic devices I can tolerate, because there is no choice... Do you play golf? Ever realize that the basic factor is precise control of club rotation. Not the feet, not the arc of the swing, not the head and shoulders. A super strong glove is the result of many attempts to solve this problem."



"Now there's a significant problem for your audiences! Sources of prosthesis! There is one glove company in all of Canada willing to cut and modify on a custom basis for thirty-five dollars a pair."

N.B. Since writing to you this glove company has, alas, given up and one is, therefore dependent on technicians in prosthetic departments of local hospitals.



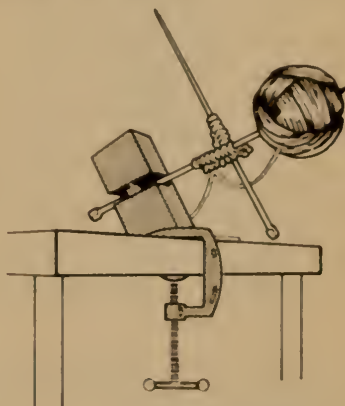
knitting

Knitting Aids

If you have had a stroke affecting your right or left hand, leaving you with insufficient strength to grip a knitting needle, an elastic band around the wrist of the affected hand will help steady the knitting needle. When the right hand is affected, the wool is held in the left hand, as in the continental method.



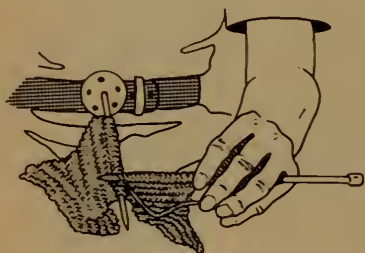
Knitting Needle Holder – Two halves of a wooden block are secured to hold any size of knitting needle. The holder may be clamped to a table and takes the place of one hand.



Available from:
Medical Suppliers.

knitting

With the Aid of a Shetland Belt You May Knit With One Hand – This belt has an attachment shaped like a plumb in which there are holes to place a knitting needle. It originated in the Shetland Isles, off the coast of Scotland. The plumb shape took the place of one hand enabling the knitter to knit with her right hand; when that hand became tired, she rested it and continued knitting with her left hand. This increased the length of time she could keep knitting.



Available from:
Nottingham Handicrafts
Company, Melton Road,
West Bridgford, Nottingham
NG2 6HD, United Kingdom.

Embroidery Frame may be fixed to the table. Above, it is being used for one-handed sewing of buttons on a shirt.



Available from:
Department Stores and Medical
Suppliers.

music

If you do not play a musical instrument why not learn one now? Visit your local musical store and try out the Auto Harp, the Xylophone, Skin Head Drums, the Dulcimer. Many older people used to play in a Brass Band so why not contact the local school board and get a combined band with the school children. The young could teach the veterans an instrument and vice versa.

A trumpeter who played in a dance band was in an automobile accident and the injury resulted in muscle weakness of his arms. He did not have the strength to hold a trumpet. His livelihood was threatened, but with his co-operation this support for his trumpet was made in an occupational therapy department.



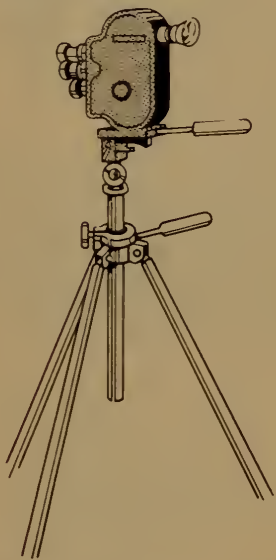
A diving accident has confined a young man to a wheelchair, but he still has the strength to play a mouth-organ and shake the maracas simultaneously. His playing gives pleasure to many.



photography

When you are out, take a photograph and after it is developed use it as a scene to make a painting.

When there is a lack of co-ordination or the person can use only one hand, the camera may be set on a tripod. A small tripod or adjustable base with a swivel head permits the wheelchair occupant greater flexibility in photographing objects.



Why not have fun experimenting with different cameras and accessories? Make a visit to the local photographic stores.



The following ideas may be helpful:

Eastman Kodak Instamatic Cameras load with cartridge film. Hakuba makes two attachments for cable release: air cable release requires pressing a rubber ball, handle cable release requires pinch movement demanding more precise control. Hakuba makes a tripod with a suction base, and an adjustable table top suitable for use on a wheelchair with a tray.

A helpful book

Emanuel, W. D. *All-In-One Camera Book*. The Focal Press, London and New York.

riding

The cerebral palsy child enjoys the pace of the pony's four good legs, making a pleasant change for the child who sometimes has an unrhythmic walk.

Horsemanship for the Handicapped



Col. W. D. Little
Chairman
Canadian Equestrian Federation
333 River Rd.
Ottawa, Ont., Canada
K1L 8B9

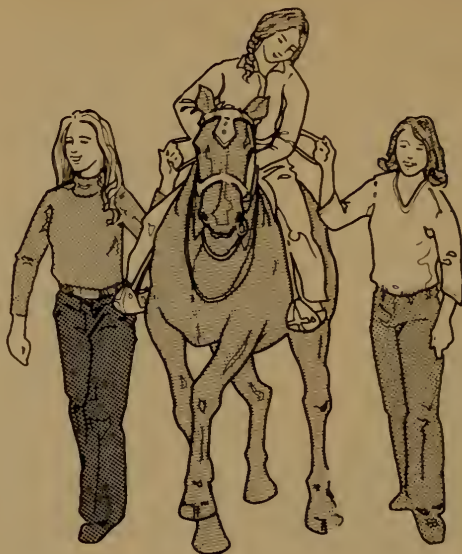
Grant MacEwan Community
College Equine Centre,
7215 Whitemud Road,
Edmonton, Alberta
Tel: 403-437-3150

Mailing Address:
Equine Centre
c/o Millwoods Campus
7319 - 29 Avenue
Edmonton, Alberta, Canada.
T6K 2P1

Little Bits Riding Club for
Handicapped Children
Contact Marilyn Saito,
Instructor
8005 Wagner Rd.
Edmonton, Alberta
T6E 4N6
(403) 469-0888 work
467-9233 home

Contact your local riding
school and if there are no facil-
ities organised for the handi-
capped see if you can muster up
some enthusiasm to get a course
started.

riding



Trade Your Wheelchair for a Horse – A child with poor balance may wear a belt with a handhold on either side so that two walkers may hold on. The stirrup may be enclosed with leather at the front to prevent the child's foot slipping through.

A horse puts good legs under those who previously used wheelchairs, enabling the

wheelchair users to go on trails in the countryside which would otherwise be impossible.

Sportsman's Blanket – Very light and cosy. Keeps you warm if you have to wait in the cold.

Available from:
Sporting Goods Stores

skiing

Many young amputees learn to ski after their amputations and become active in sports.



For the amputee **outriggers** takes the place of a ski pole. Outriggers are adapted from standard metal arm crutches. The bottom is bolted or contact-cemented to the connector. The

outriggers are for balance mainly, the body weight being carried on the leg not the arms. The outriggers may be flipped up for walking by pulling on a connector cord.

Release Bindings - A "step-in" type is desirable as some people cannot bend over. Bindings should be adjusted carefully, and this adjustment may have to be changed from time to time as the student progresses. A retainer device is a must and so are a safety strap and a ski stopper device.

Boots. - The best possible with lateral support, forward pitch or hinge.

For further information contact:

Ms. Jill Zonneveld, Instructor,
Amputee Ski Association of
Alberta,
5816 - 144 St.,
Edmonton, Alberta,
T6H 4H4
Tel: (403) 434-3106
(403) 427-4997

skiing

The Young Disabled Get Their Parents Skiing –

Thalidomide teenagers have learned to ski. One progressed to using the ski tow, but due to his shortened arms he had problems holding the rope. In order to help, his parents took up skiing. Now he places his skis between his father's, while the father holds the rope, and together they go up the ski tow.



Cerebral Palsy children learning to Downhill Ski at Lake



Eden, Alberta. Sometimes they learn more quickly than their parents!

Skiing for the handicapped

Contact: Jerry Johnston, Executive Co-ordinator, Canadian Association for Disabled Skiing, Box 2077, Banff, Alberta T0L 0C0 403-762-3519.

Ski lessons for the disabled available from: Edmonton Parks and Recreation, Tenth Floor, C.N. Tower, Edmonton. Tel: 428-3559.

...Carry your child the

papoose way. A carrier is easily made with a piece of plywood to support the baby at the back and a strong canvas is attached which is laced up the front. Carriers are commercially available at sports shops.



toys



Huntercraft – Special Toys for Special Children –

The Mirror Box was designed for an autistic child who only responded to the flashing of light. The unbreakable mirror surfaces on the rotating box attract attention as they spin, but as it slows down the child begins to notice his face in the mirror. He

wants to manipulate the box slowly in order to "look at" this image.

Available from:

Huntercraft,
Sherborne,
Dorset, England
Tel: 093581-2288

water polo

Water Polo With a Difference

"Water polo" for the disabled.

The sheet is the water. Two sheets may be sewn together to make the area larger to accommodate more players. Hand loops made from tape can be attached at suitable distances to help players who find it difficult to grip the sheet. A light, air-filled beach ball is quickly flipped from one end to the other. The most nimble players are positioned at either end of the sheet to act as goalies. A careful record of the goals is kept and the winners all receive a reward

of chocolates, a kiss, an extra cup of coffee, or whatever.

This game need not be competitive and players have fun when they realize that they have strength in their arms to flip the ball. The players may be one-handed, arthritic, blind, or may have suffered from a stroke or amputation. I have found no disability that prevents someone from participating. Visiting school children and grandchildren can join in and have fun as well.



water polo

There is one main rule that has to be followed. The player has to hold and shake the sheet gently; at no time may he hit the ball with his hand as the ball then travels with such force it can hit someone sufficiently hard to knock off their glasses. Sometimes players can't resist giving a high kick under the sheet that sends the ball flying into the air. Although this can be therapeutic, it gives that patient an advantage over those who are unable to use their legs. Sometimes it's hard to identify whose leg did the mammoth kick under

the sheet, but if identified, the standard penalty is to be taken out of the game for 5 minutes.

There are an infinite variety of ball games; for example, the sheet may be replaced by a table and the ball flipped down the table, but we have found that sheet polo gives the greatest variety and exercise to the players. Those who can move nothing have the fun of watching the moving ball and can participate passively, though purposely, in a group, for by being there they prevent the ball from going off side.

sexuality

sexuality

Sexuality Is an Activity of Daily Living

Sexuality is an intrinsic part of the personality of the individual and is primarily a function of the mind, even more than a function of the body. Disability may produce disorders of the bodily functions associated with sexual activity. The individual, however, will remain a valid sexual human being. The disturbance in function may be perceived by the disabled individual as a loss in sexual identity. The anxiety associated with this loss in self image may consume a large part of that individual's energy.

All of those who come into contact with the disabled, of any age, can help lessen this anxiety:

- (1) By anticipating the possibility of there being a problem,

- (2) By bringing up the subject,
- (3) By being aware of the resources and information available, and
- (4) By always treating the individual as a valid sexual human being.

Please remember how fragile the sexual self-image of each individual is, and thus avoid adding a further handicap to an existing disability.

**Dr. Michael Parrish
Mrs. Meg Parrish
Edmonton, Alberta**

For further information contact:

S.I.E.C.CAN
(Sex Information Education Council of Canada)

smoking



ashtrays

Please be conscious of safety and use a well-designed ashtray.

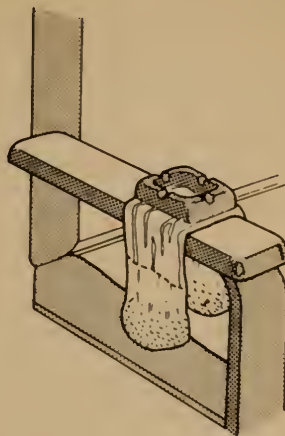
Samples of well-designed ashtrays.

Purse Ashtray – Take your cigarette ash with you, use a small flip-top purse ashtray.



Available from:
Drug Stores.

Beanbag Ashtray – Make yours from beans, sand, pellet or lead shot or lead strips from wheel weights.



Lead shot available from:
Gunsmiths.

Persuade your local auto repair shop to keep used wheel-balancing weights.



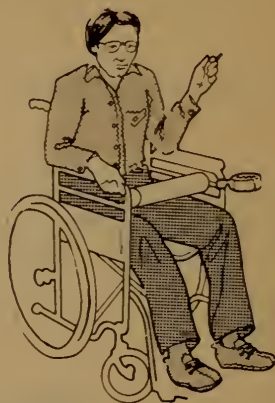
Stop Smoking! Isn't it time you gave your lungs a rest? Many organizations exist to help you kick the habit. Contact your local medical association for the name of one in your area.

ashtrays

For those who believe the best part of a meal is the coffee and the cigarette at the end, please use a well-designed ashtray.



Clip-on Ashtray



Available from:

Samuel Lampert & Co. Ltd.,
Metalwork Specialists,
1740 Bantree Street, Ottawa,
Ontario K1B 3W4, or Fred
Sammons, Inc.

An added hazard to some smokers... if a person is subject to epileptic seizures use a bar, like a rolling pin, to prevent him or her from falling out of the wheelchair.

Available from:

J. T. Posey Co. Ltd.,
39 S. Altadena Drive, Pasadena.

ashtrays

A Smoker's Robot – An ashtray fixed to the end of a flexible conduit, which is clamped on the table, enables a person without hand movement to ash his cigarette.



Available from:
Medical Suppliers.

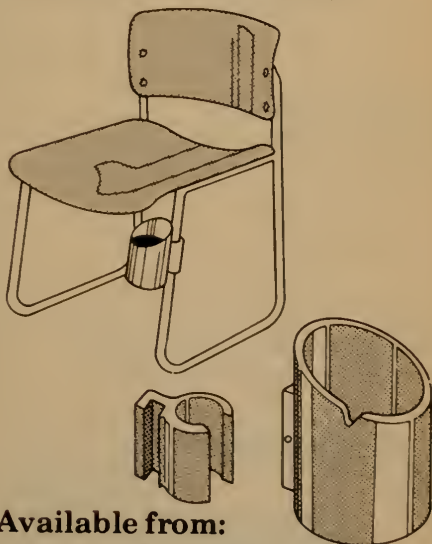
A well-
designed
ashtray



In a badly designed ashtray, grooves where cigarettes are laid are too shallow and are on the outside rim of the ashtray; once the cigarette burns past the point of balance it falls out of the ashtray.

Consider the non-smoker and place a layer of sand in an old can or large ashtray as this will absorb the stale, smoky smell of the cigarette stubs.

Clip-on Ashtray – Clips on many styles of round tubular, straight or slant chair legs.

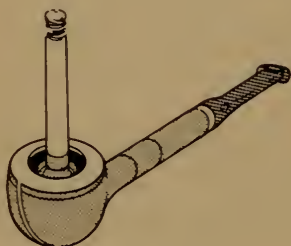


Available from:
Doncaster Medical,
140 Doncaster Ave.,
Thornhill, Ont.
L3T 1L3
Tel: (416) 889-9111

cigarette holders

If you must smoke, smoke with safety!

A cigarette-holder prevents a smoker from burning his fingers even when there may be loss of sensation in the finger tips. It may be attached to a wheelchair by a magnet when it is not being used.



Available from:
Newsstands and Department Stores.

"When I get my cheque for \$10, I'm buying a new cigarette roller from Mike's. This one is getting worn out after twenty years."

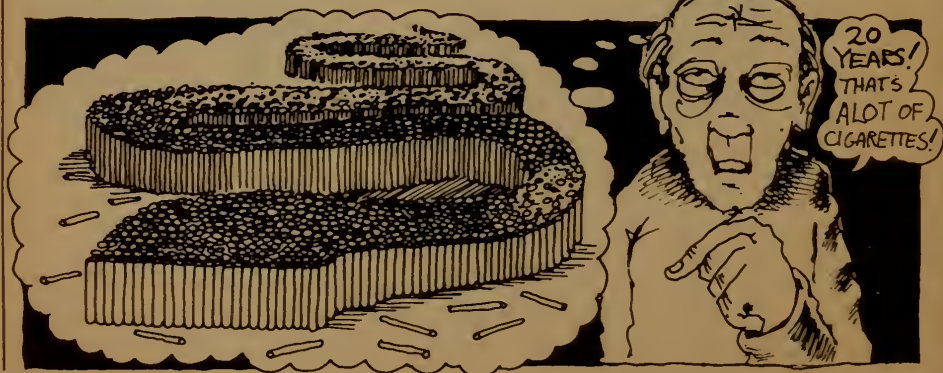
Make your own from:

A used pipe having a nicotine filter, straight stem and metal ring in the bowl to hold the cigarette.

Lessen fire risk by using an ashtray.

A Cigarette Holder – A cigarette holder prevents a smoker from burning his fingers, even when there is a loss of sensation in the fingertips. It may be attached to a wheelchair with a magnet when it is not being used.

Available from:
Newsstands and department stores



one-handed rolling



Position tobacco between knees



Find paper to place in cigarette
roller



then roll

voila la cigarette.

smoker's apron

Smoker's Apron – A good-looking man's apron, designed like a cobbler's, but made from a light-weight material which is burn-proof and easily washed. Moss green in colour.

Available from:

G. A. Hardy,
3 Dorchester Avenue,
Toronto, Ontario, Canada.

Alternatively, wearing a cobbler's leather apron ensures the hot ash or mislaid cigarette does not leave burns in your shirt and trousers.



where to go for help

where to go for help

Services giving assistance to all residents are available in most areas in Canada, the United States and Europe.

Most cities have a department of Social Services and Community Health or local equivalent with a division of services for the handicapped and this division liaises with privately run organizations.

The Department of Social Services and Community Health will supply addresses where help, such as that provided by the Victorian Order of Nurses, Visiting Nurses, and Public Health Nurses, nursing equipment, podiatry, chiropody, physiotherapy, occupational therapy and various self-care aids may be obtained. Aids to daily living, including information concerning adaptations to the house, bedroom, bathroom, kitchen, staircase, may be obtained from the Department of Social Services and Community Health. Many of the small self-care aids can be made by a member of the family, but advice should first be sought regarding the necessity.

Within each regional welfare office there is normally a children's worker dealing with the handicapped children, and an official helping with the needs of the handicapped adults.

Persons over 65 years are eligible for many self-care items.

The following information may be local but it provides guidelines for you to adapt to your hometown. Check in your local city directory or telephone directory for addresses and help in your area.

Arts and Crafts

The Design for Living Building in Edmonton's Exhibition Grounds, during Klondike Days, holds competitions for a great variety of crafts made by handicapped persons. The display is exciting and worthwhile visiting even if you do not compete.

Information concerning painting for handicapped and shut-in persons available from:

Mr. T.D. Motter of the Old Cabin Craft Society, c/o 1220-11th Avenue S.W., Calgary, Alberta T3C 0M4.

Cared

Centre for Applied Research and Engineering Design Incorporated, McMaster University, Hamilton, Ontario L8S 4K1, is a centre involved in designing aids and adaptations for the handicapped, and wish to be informed of problems. Contact your local medical school.

C.B. Radio License

Department of Transportation in Canada
F.C.C. in the United States

Communication

Blissymbolics is a visual symbol system created by Charles K. Bliss to serve as a medium for international communication. Through the years 1942 to 1945, Bliss gradually developed a unique organization of symbols which has the capability of conveying every aspect of human experience. He created a pictographic script, the symbols relating to meaning rather than to sound. The capabilities inherent in the symbols to be combined for new concepts, and to represent a range of meanings beyond the concreteness of pictures, make possible a vast communication potential within a limited physical space. Blissymbolics thus becomes particularly valuable to the non-speaking, physically-handicapped person with limited movement.

For further information contact Mrs. S. McNaughton,
Blissymbolics, Communication Foundation,
862 Eglinton Avenue E., Toronto, Ontario M4G 2L1.
Tel: (416) 425-7835.

Education

The vocational center in your area offers advice to those who, as a result of a handicap, wish to take another training. The Goodwill Rehabilitation Services offers a service of assessment for retraining.

Government agencies offer counseling services and will guide and advise individuals regarding retraining and upgrading.

Electronic Aids for the Severely Disabled

Information regarding Possum available from:
Possum Controls Ltd., 63 Mandeville Road,
Aylesbury, Bucks, U.K.

The Kinsmen Rehabilitation Foundation of British Columbia,

2256 West 12th Avenue, Vancouver, B.C.
Professor Dennis Lywood,
Bio-Medical Engineering Unit, Queen's University
Kingston, Ontario K7L 3N6

Non-verbal communication aids, education aids, environmental control systems control switches, Wheelchair systems in co-operation with Romich, Beery & Bayer Inc.

Prentke Romich Company,
R.D. 2, Box 191-Shreve, Ohio 44676 U.S.A. (216) 567-2906

Technical Aids & Systems for the Handicapped, for further information contact

TASH INC.

c/o Sunnybrook Medical Centre,
2075 Bayview Avenue,
Toronto, Ontario M4N 3M5
Canada

Equipment

Agencies such as the Red Cross Society, the Canadian Rehabilitation Council for the Disabled, the Multiple Sclerosis Society of Canada and others, provide some nursing equipment, wheelchairs and other appliances to aid daily living on a rental or loan basis.

Friendly Visits

Religious organizations and many voluntary agencies will arrange visits.

Holiday Relief

Alberta Hospital Services Commission, Central Placement, Edmonton, provides information concerning vacation beds, enabling those who look after a relative or friend at home, to have him looked after in an auxiliary hospital or nursing home for the period they are on holiday.

Medical Alert Service

Canadian Medic-Alert Foundation, 174 St. George St., Toronto 5, Ontario. Tel: 416-923-2451. U.S. Medic Alert, 840 N. Lake Shore Drive, Chicago. Tel: 312-645-8344. If you have a recognized medical arrangement home visits to provide nursing care and organizes

meals-on-wheels.

Nursing Care

Home Care programs are joint projects of the Local Board of Health and Preventive Social Services. Home visits are organized and both physiotherapy and occupational therapy are offered. The Victorian Order of Nurses or your Visiting Nurse Association can apply for an application form and message. (This could save your life.)

Recreation

The public library, in many cities, offers a shut-in service to those who are unable to get to the library and also has books in large print. The Canadian National Institute for the Blind has a talking book service, also books in Braille and a wide selection of books recorded on tapes.

Recording for the Blind, 215 East 58 Street, N.Y. 10022. John Milton Society for the Blind, 366 Fifth Avenue, Room 503, New York, N.Y. 10001.

Sexuality

Information available from:

Michael Barrett,
S.I.E.C.CAN.
(Sex Information Education Council of Canada)
423 Castlefield Ave.
Toronto, Ont.
Canada
M5N 1L4
Tel: (416) 483-8805

The Chairman
S.I.E.C.U.S.
(Sex Information Education Council of U.S.)
84 5th Ave.,
New York, N.Y.
10011
U.S.A.

Dr. Michael and Mrs. M. Parrish
A.I.H.S.
(Alberta Institute of Human Sexuality)

244 Westridge Rd.,
Edmonton, Alberta
Canada
T5T 1C1

An international organization for sexuality and disability is in the process of being established. For further information, contact the National Council of Social Services, 26 Bedford Square, London, WC1B 3HU, Great Britain.

For local information, contact your University Medical Library.

Smoking

For those wishing to give up smoking, information and help is available from:

Tuberculosis and Respiratory Disease Association.

Stamp Collecting

The Mint, 9929 Jasper Avenue, Edmonton T5J 2X5,
Tel.: (403) 428-1757. Accessible to wheelchair users, who are welcome. Open 9 a.m.-5 p.m. Or contact your local stamp club.

Technical Schools

Across Canada and the United States may be used as resource centres for the construction of aids.

Transportation

Reduced fare party tickets (2 for the price of 1) allow a physically disabled person to travel with an attendant on Motor Coach Company and Greyhound bus lines; as well as the Canadian National and Canadian Pacific Railways. Certificates of eligibility are available from agencies such as the Multiple Sclerosis Society of Canada; or you may write to the Canadian Rehabilitation Council for the Disabled, 1 Yonge Street, Suite 2110, Toronto, Ontario M5E 1E8.

Railways: some railway stations are accessible to wheelchairs by using the freight elevator.

Airlines: tours are planned for the handicapped. Contact a local travel agent for further information.

A helpful booklet *Transportation in Canada, a guide for the disadvantaged*, is available from Transport Canada, 1000 Sherbrooke Street W., P.O. Box 549, Montreal, Quebec H3A 2R3.

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TASH Inc. c/o Sunnybrook Medical Centre, 2075 Bayview Avenue, Toronto, Ontario, M4N 3M5 Canada.
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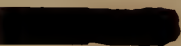
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